

# 1. A Short Sequence for Beginners

## Props

wall  
block 

### Characteristics of this sequence are:

- > **Duration:** 15-20 min
- > **Level:** Beginners
- > **Type:** A short sequence for the busy
- > **Types of Asanas included:** Standing, light inversions

This short sequence can be a starting point for self-practice. Its duration is 15 to 20 minutes comprised of 7-10 minutes of active poses and 10 minutes of relaxing poses. Once you know the sequence you can change some of the standing poses and expand its content and duration to fit your needs. Because this sequence involves minimal props, it can be done anywhere.

## 1. Vṛksāsana – Next to a wall



30 sec. twice on each side  
See Vol. I, P. 25

## 2. Utthita Trikonāsana – Back foot against wall and palm on block



30 sec. twice on each side  
See Vol. I, P. 69

## 3. Virabhadṛāsana II – Back foot and hand against wall



30 sec. on each side  
See Vol. I, P. 99

## 4. Adho Mukha Śvānāsana – Palms on blocks



1 min.  
See Vol. I, P. 32

## 5. Adho Mukha Śvānāsana – Head supported



1 min.  
See Vol. I, P. 52

## 6. Ūrdhva Prasārita Pādāsana – At the wall



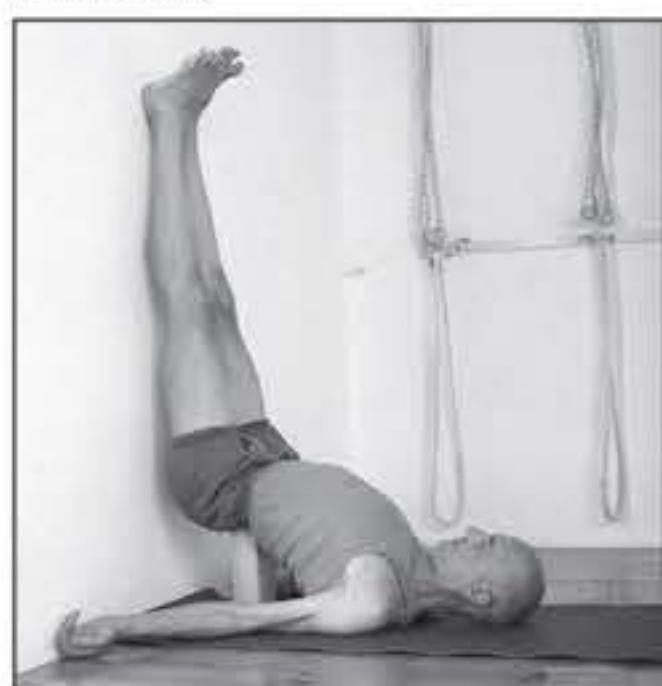
1-3 min.  
Sit with your side touching the wall and roll to the side. Keep the pelvis close to the wall. To move closer to the wall, place the feet on the wall and push to lift the pelvis; then move your shoulders toward the wall. When lowering the pelvis, try to move the buttock bones as close as possible to the wall. If you cannot move the buttocks to the wall, you can place a folded blanket to support the sacral band.

## 7. Sālamba Chatushpādāsana – At the wall



30 sec.  
Bend the knees to place the feet on the wall. Push to lift the buttocks and the back. Interlock the fingers and stretch the arms and shoulders back. Push the chest forward such that the top chest is moving closer to the chin. Before releasing the pose, place the block at a distance of about 10 cm from the wall.

## 8. Viparita Karaṇi – With wall and block



3-5 min.  
The wide side of the block should be parallel to the wall. Keep lifting the top chest as you lower the pelvis until the sacrum is rested on the block. The sacrum should be parallel to the floor. Stay in the pose observing your breath.

## 9. Śavāsana – With optional eye cover and block on abdomen



5 min.  
Observe the soft, natural breath in the abdomen.

## 4. Forward bends for beginners

### Characteristics of this sequence are:

- > **Duration:** 40 min
- > **Level:** Beginners to Intermediate
- > **Type:** relaxing, cooling
- > **Types of Āsanas included:** Standing poses, forward extensions, Sarvāṅgāsana cycle



**1. Adho Mukha Śvānāsana – Hands on inverted chair**



**1 min.**  
 See Vol. 1, P. 32

**2. Pārsvōttānāsana – Hands on wall**



**45 sec. each side**  
 See Vol. 1, P. 129

**3. Adho Mukha Śvānāsana – Feet on inverted chair**



**1 min.**  
 See Vol. 1, P. 39

**4. Paschimōttānāsana - Sitting on chair**



**2 min.**  
 See Vol. 2, P. 115

**5. Jānu Śīrṣāsana –**



**1 min. each side**

**6. Triṅga Mukhaikapāda Paschimōttānāsana –**



**1 min. each side**

**7. Paschimōttānāsana – Head on chair**



**2 min.**  
 See Vol. 2, P. 113

**8. Bhardvājāsana I – Sitting on chair**



**1 min. each side**  
 Use a sticky mat on the chair. Hold a block between the knees. If the seat is lower than your knees, raise it with 1-3 folded blankets; if it is much higher, use blocks under the feet.

**9. Sālamba Sarvāṅgāsana – On a platform**



**5 min.**  
 See step 16 on Sequence 2 (If you are tired, use a chair).

**10. Halāsana - Feet on chair**



**3 min.**  
 Place the tip of the toes on the seat and push down to lift and elongate the trunk.

**11. Karna Pidāsana – Feet on chair**



**1 min.**  
 Bent the knees and place the metatarsals on the seat.

**12. Śavāsana - Lower legs on chair**



**5 min.**  
 Move the flesh of the buttocks away from the lumbar spine to lengthen and release the lower back.