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. Virabhadrāsana II – Back foot and hand against wall

30 sec. on each side

See Vol. I, P. 99

PFY_Book2_F.indd 142 07/01/2016 20:10:23

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.

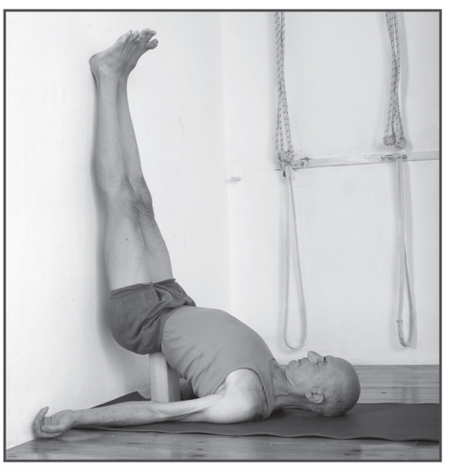
Sit with your side touching the wall and roll to the side. Keep the pelvis close to the wall. To move closer to the wall, place the feet on the wall and push to lift the pelvis; then move your shoulders toward the wall. When lowering the pelvis, try to move the buttock bones as close as possible to the 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.

PFY_Book2_F.indd 143 07/01/2016 20:10:29