

Introduction to Asana Practice Guide

Week One Practice:



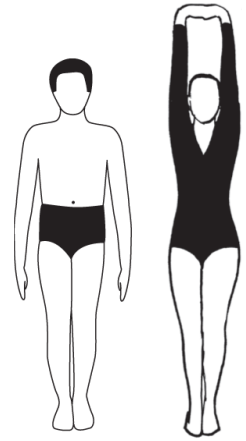
Urdhva Prasarita Padasana



Ardha Uttanasana

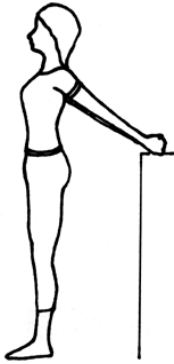


Bharadvajasana



Tadasana Urdhva
Hastasana

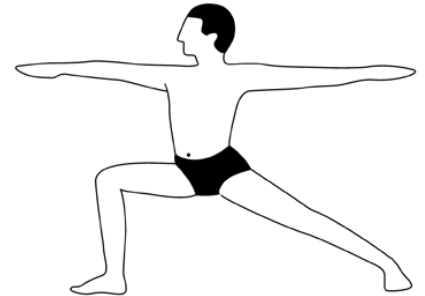
Week Three Practice Add:



Rope 1 action with hands
interlocked behind



Parsva Hasta Padasana



Virabhadrasana II

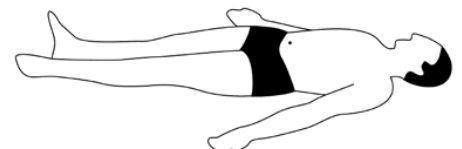


Utthita Trikonasana

Week Four Practice Add:

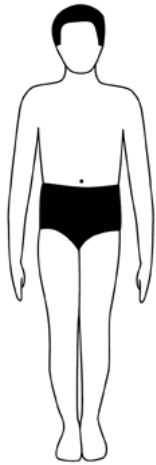


Pavanmuktasana



Savasana

Week Five Practice:



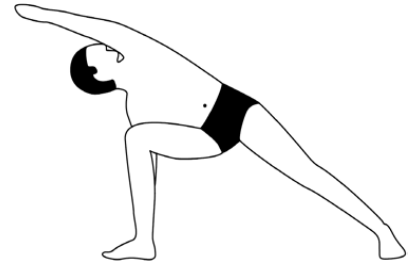
Tadasana



Utkatasana



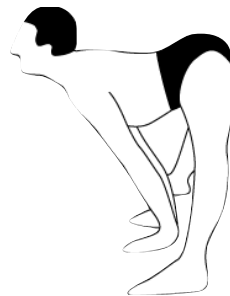
Vrksasana



Utthita Parsvakonasana



Parsvottanasana



Prasarita Padottanasana

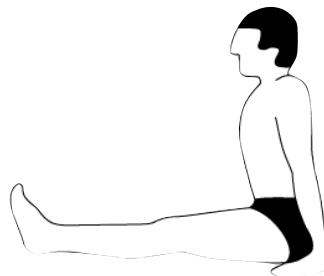


Parvatasana in Vajrasana

Week Six Add:



Adho Mukha Virasana

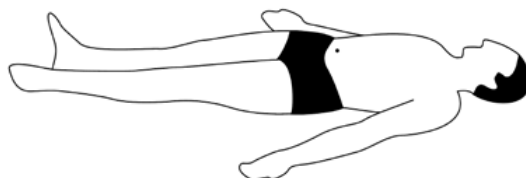


Dandasana

Week Seven Add:



Chatuspadasana



Savasana

Weeks 8-10 should complete either side of page