

Foundation practitioner sequence 2: 75 mins practice

Comments: Dog pose/ virasana cycle, standing asanas, forward bends

Asana	Alternative: menstruation / other	Comments
Start — dog pose cycle		Total 10 mins
Adho mukha svanasana		
Parvatasana in virasana		Block support
Adho mukha svanasana		
Gomukhasana in virasana		Belt if needed
Adho mukha svanasana		
Garudasana in virasana		
Adho mukha svanasana		
Standing asanas		Total 25 mins
Tadasana	Heel to wall	
Trikonasana		Twice x 40sec
Virabhadrasana II		40sec
Parsvakonasana		Twice x 40sec
Parsvottanasana	Hands to blocks	Twice x 40sec
Prasarita padottanasana	Concave back	30 sec – 1 min
Virabhadrasana I	Hands to hips	Twice x 40sec
Vrksasana		Twice. Hand to wall if needed
Garudasana		Foot on block
Inversions		Total 15 mins
Salamba sarvangasana	Setu bandha sarvangasana	5 mins each. Groups alternate
Setu bandha sarvangasana		
Forward bending		Total 10 mins
Dandasana		
Padangustha dandasana		
Janu sirsasana		1 min twice
Triang mukhaikapada paschimottanasana		1 min
Upavistha konasana		2 min
Paschimottanasana		1 min
Twisting asanas		Total 5 mins
Svastikasana twist		Shoulderstand cushion
Finishing		10 mins
Savasana		