

## Introductory I & II Practice Sequences

To increase your knowledge and understanding of yoga, practice at home is required. This practice sheet is intended as a general guide for beginners. Each sequence takes approximately 20 to 30 minutes. Always leave at least 5 to 10 minutes for savasana at the end of the practice to ensure you finish refreshed.

When menstruating exclude the poses marked with an asterix (\*). Use the wall for support in the standing poses. Stay longer in the supine and resting poses. Let your practice be more passive.

The original source of the illustrations used for these sequences is Yoga in Action for Beginners by Geeta S Iyengar.

### Monday

1. Supta sukhasana  
(simple cross leg over a  
bolster, blanket for  
head)



5. Urdhva  
Baddhanguliyasana  
standing in Tadasana



9. Parsvakonasana



13. Swastikasana – rest  
head on bolster

2. Adho Mukha Virasana  
(knees apart, big toes  
touching, extend trunk  
and arms forward)



6. Adho Mukha  
Svanasana (dog pose) –  
or half - hands to wall



10. Virabhadrasana I



14. Savasana (5 – 10 mins)



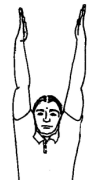
3. Tadasana



7. Tadasana



11. Virasana – hands in  
Parvatasana



4. Urdhva Hastasana x 2



8. Trikonasana



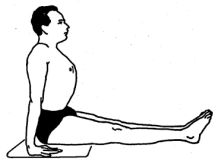
12. \*Sarvangasana – or  
lie on bolster legs up wall

## Tuesday

1. Supta sukhasana  
(simple cross leg over a  
bolster, blanket for  
head)



5. Tadasana



9. Dandasana

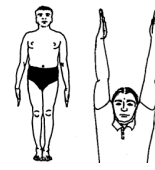
2. Adho Mukha Virasana  
(knees apart, big toes  
touching, extend trunk  
and arms forward)



6. Trikonasana



10. Virasana – hands in  
Parvatasana



3. Tadasana , Urdhva  
Hastasana



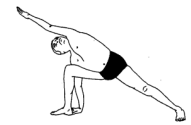
7. Virabhadrasana II



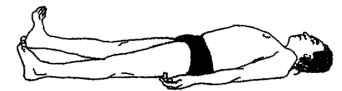
11. \*Sarvangasana – or  
lie on bolster legs up  
wall



4. full Adho Mukha  
Svanasana (dog pose) –  
or half - hands to wall



8. Parsvakonasana



12. Savasana (5 – 10 mins)

## Wednesday

1. Supta sukhasana  
(simple cross leg over  
a bolster, blanket for  
head)



5. full Adho Mukha  
Svanasana (dog pose) –  
or half - hands to wall



9. Parsvottanasana



13. Dandasana

2. Adho Mukha  
Virasana (knees  
apart, big toes  
touching, extend  
trunk and arms  
forward)



6. Tadasana



10. Prasarita  
Padottansana (i)  
concave spine



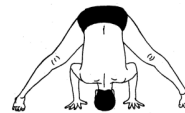
14. Baradvajasana



3. Tadasana



7. Trikonasana



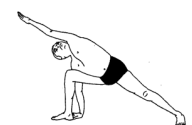
11. Prasarita  
Padottansana (ii) head  
down



15. \*Sarvangasana – or  
lie on bolster legs up  
wall



4. Urdhva Hastasana x 2



8. Parsvakonasana



12. Sirsasana prep x 4



16. Savasana (5 – 10  
minutes)

## Thursday

1. Supta sukhasana  
(simple cross leg over  
a bolster, blanket for  
head)



5. Trikonasana

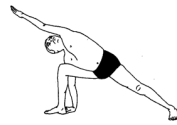


9. Virasana – hands in  
Parvatasana

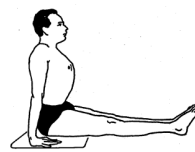


13. Swastikasana – rest  
head on bolster

2. Adho Mukha Virasana  
(knees apart, big toes  
touching, extend trunk  
and arms forward)



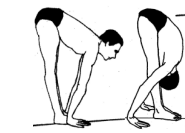
6. Parsvakonasana



10. Dandasana



14. Savasana (5 – 10  
minutes)



3. Uttanasana



7. Virabhadrasana II



11. Gomukasana



4. Tadasana



8. Virabhadrasana I



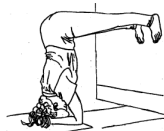
12. \*Sarvangasana – or  
lie on bolster legs up wall

## Friday

1. Supta sukhasana  
(simple cross leg over a  
bolster, blanket for head)

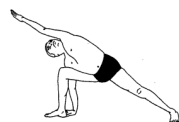


5. Trikonasana



9. Sirsasana prep x 4

2. Adho Mukha Virasana  
(knees apart, big toes  
touching, extend trunk  
and arms forward)



6. Parsvakonasana



10. \*Sarvangasana – or lie  
on bolster legs up wall



3. full Adho Mukha  
Svanasana (dog pose) –  
or half - hands to wall



7. Utkatasana – bend  
knees as if to sit



11. Swastikasana – rest  
head on bolster



4. Tadasana



8. Vrksasana



12. Savasana (5 – 10  
minutes)

## Saturday

Repeat any of the above sequences or make up your own.