

Home Practice Guide

Practice categories below in the order given	Within each pose category, practice 1 or more of the options shown below, or from your own knowledge			
Pose Category	Option	Option	Option	Option
Arm Warm Ups	Upward Hands Urdhva Hastasana	Cow-Face Pose - arms Gomukhasana	Reverse Prayer Paschima Namaskarasana	Downward Facing Dog Adho Muhka Svnasana
Standing Poses	Triangle Trikonasana	Warrior I, II, III Virabhadrasana I, II, III	Half Moon Ardha Chandrasana	Tree Vrksasana
Headstand or equivalent	Headstand Sirsasana 5+ minutes	Standing forward fold Uttanasana 2 minutes	Standing wide-leg forward fold Prasarita Padottanasana	Supported headstand
Core	Plank	Full boat Paripoorna Navasana	Half boat Ardha Navasana	Upward Legs Urdhva Prasarita Padasana
Backbends	Camel Ustrasana	Cobra Bhujangasana	Upward Facing Dog Urdhva Muhka Svnasana	Upward Bow Urdhva Dhanurasana
Shoulderstand or equivalent 5+ min, ≥ time in headstand	Shoulderstand Sarvangasana	Four-footed Pose Chatoosh Padasana	Bridge Pose Setu bandha sarvangasana	Restorative variation
Twists	Bhardvaja's Pose Bhardvajasana	Twist in cross-legs Parsva Swastikasana	Half Lord of the Fishes Ardha Matsyendrasana	Revolved Abdomen Jathara Parivrtanasana
Forward Bends	Reclining Big Toe Pose I Supta Padangustasana I	Head of the Knee Pose Janu Sirsasana	3 Point, 1-Leg Head to Knee Pose Triang Mukha Eka Pada Paschimottanasana	Maricy's Pose I Maricyasana I
Svasana 3-20 minutes	Lying flat	Support under the spine and head	Support under the head	Support under the thighs
Sitting 1-5+ minutes in any comfortable seat in which the chest is lifted, spine straight	Cross-legs Swastikasana	Hero's Pose Virasana	Lotus Padmasana	Sage Pose Siddhasana

See video resources on the Y4A YouTube channel, <https://www.youtube.com/c/Yoga4AllBodiesRestonVA>

See some asana photos at <http://bksiyengar.com/modules/Yoga/asanas.htm>