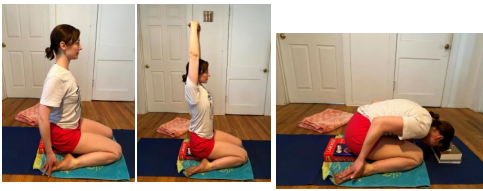


*****Start with Invocation to Patanjali*****

1.



1. Virasana Cycle (sitting on book for height; first 3 photos)

2.



2. Bharadjasana I

- first use book under buttock to level hips and book behind for block
- Second attempt, use belt (scarf or neck tie) to

3.



3. Utthita Parsvakonasana (using books for blocks, books slide better without a sticky mat)

4.



4. Utthita Trikonasana (using books for blocks)

5.



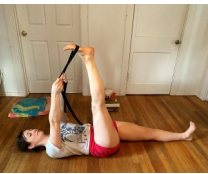
5. Supta Vrksasana (book under bent knee for support)

6.

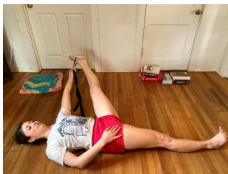


6. Vrksasana (with or without wall support)

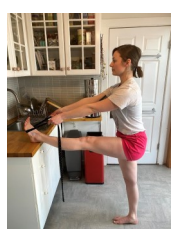
7.



7. Supta Padangusthasana I and II (use scarf or neck tie to catch the foot)

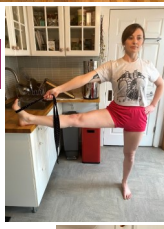


8.



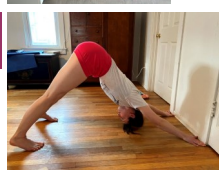
8. Utthita Hasta Padangusthasana I (use scarf or neck tie to catch the foot and counter top/dresser to support lifted foot)

9.



9. Utthita Hasta Padangusthasana II

10.



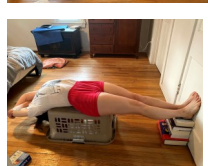
10. Adho Mukha Svanasana (hands at wall)

11.



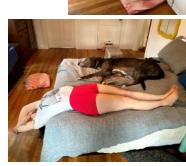
11. Salamba Sirsasana (at wall, blanket or towel for head/arms)

12.

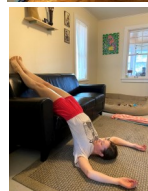


12. Dwi Pada Viparita Dandasana (using bed OR sturdy laundry basket/books for feet)

13.

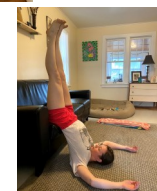


13.

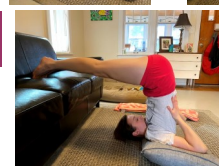


13. Salamba Sarvangasana/Viparita Karani (variations using couch)

14.

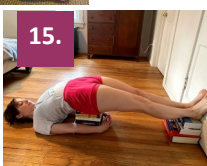


14.



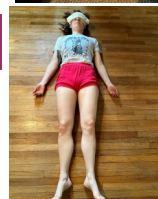
14. Halasana (variation using couch/neck and shoulders supported on firm pillow)

15.



15. Setu Bandha Sarvangasana (using books to support feet and sacrum)

16.



16. Savasana (wash cloth over eyes)