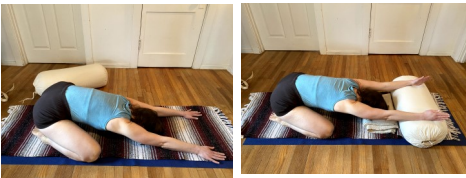


\*\*\*Start with Invocation to Patanjali\*\*\*

1.



1. Adho Mukha Virasana (with or without support)
  - Use inhalation to lengthen the sides and ribs
  - Use exhalation to deepen the groins towards the feet

2.



2. Dandasana (seated on blanket)
  - Lift the chest and side ribs
  - Pull the sacrum in
  - Roll the thighs slightly inward and push them into the floor strongly

3.



3. Malasana (support under heels, if needed, and block for hands)
  - Deepen the groins and put weight on the heels
  - Reach out with a block to help balance
  - Pull abdomen in towards spine, but avoid hardening it.

4.



4. Paripurna Navasana (hands on floor OR arms in line with shoulders)
  - Stay lifted in the chest and extend the sides of the trunk
  - Push into the backs of the thighs and lift the sacrum in and up
  - This is basically Dandasana tilted backwards!
  - If arms are up, draw the upper arms into the shoulder sockets

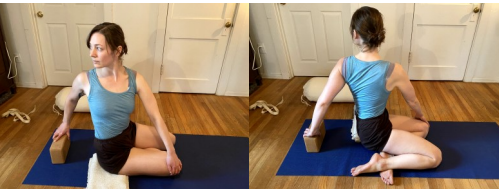
5.



5. Ardha Navasana (elbows can be down for extra support or hands clasped behind head)

- In Paripurna Navasana you balanced on your sit bones and here you're balanced on the sacral area above the tailbone.
- Engage your abdominal muscles and push your armpits in the direction of your feet.
- If Paripurna Navasana was a yacht, this would be a canoe!

6.



**The previous poses all strengthen the abdominal muscles, but the following asanas should be done with a softer abdomen.**

7.



6. Bharadvajasana I (OR Bharadvajasana with chair)

- Level the hips with blanket under buttock that is opposite the feet.
- The hip closest to the feet tends to lift, sink it downward.
- Inhale and get tall through the trunk and spine. Exhale and rotate the trunk opposite the feet.
- Use the arms to turn the trunk further. Keep the hips level and stable. Chest stays lifted throughout.

8.



7. Utthita Marichyasana with Chair (added height optional)

- Keep the standing leg strong and deepen bent knee groin.
- Inhale to get taller through the sides of the trunk and spine.
- Exhale and turn towards the wall, using the hands on the wall to support the twisting action. Keep the hips and legs facing the chair seat as you turn.

8. Utthita Trikonasana (against wall)

- Stabilize the outer foot of the back leg. Grip both legs.
- Inhale and lengthen the sides of the trunk, broaden across the collar bone. Exhale and turn the trunk towards the ceiling.

9.



### 9. Parivrrta Trikonasana (with wall support)

- This time turn to face the wall and the top hand on the wall helps to assist the turning of the trunk towards the wall.
- Keep the legs stable and hips compact as you turn.
- Keep both shoulders rolling away from wall and don't lean the head towards the wall.
- Again use the inhalation to lengthen the sides and exhalation to soften the abdomen and deepen the twist.

10.



### 10. Utthita Parsvakonasana (against wall and block)

- Follow same cues as Utthita Trikonasana, except now the front leg bends and the upper arm reaches over head (palm face down).
- Extend from the outer heel of the straight leg to the finger tips of the top hand.

11.



### 11. Parivrrta Parsvakonasana (with wall support and block)

- Follow same cues as Parivrrta Trikonasana, but use a sharp exhale to hook the arm across the bent knee as you turn towards wall.
- It's ok if the back heel comes up but keep the leg straight

12.



### 12. Uttanasana (buttocks on wall, feet about 2 feet forward of wall)

- Lean the buttocks on the wall and release the head and trunk downwards. Keep the legs strong, thighs wrapped in, back of the knees open.
- Hold your outer ankles or elbows. Take normal breaths to rest.

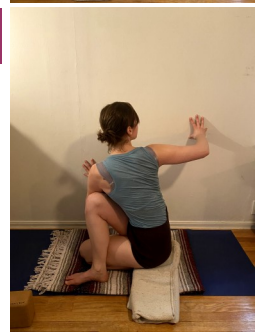
13.



### 13. Marichyasana III (with wall support)

- Keep the straight leg strongly in Dandasana
- Inhale and get tall, exhale sharply to hook arm across the bent leg.
- Close the gap between the torso and the bent leg.
- Use the hand on the wall to turn towards the bent leg

14.



### 14. Ardha Matsyendrasana (with blanket or sitting on bolster)

- Level the hips with blanket under buttock that is opposite the feet.
- The hip closest to the feet tends to lift, sink it downward.
- Inhale and get tall through the trunk and spine. Exhale and rotate the trunk opposite the feet.
- Use the arms to turn the trunk further. Keep the hips level and stable. Chest stays lifted throughout.

15.



### 15. Pasasana with wall support (Optional for advanced students)

- Heel support and a block behind can be helpful!

16.



### 16. Parsva Bakasana with wall support (Optional)

- From Pasasana, turn and plant hands on floor. Walk feet up wall to help balance. Requires abdominal strength! Remember to breathe.

17.



### 17. Halasana (feet on chair or floor)

- Press the thighs up towards the ceiling.
- Lengthen the side ribs and use the hands to push the dorsal spine in towards the chest (upper back/shoulder blade area)
- Relax the throat and practice soft/smooth breaths.

**The next poses are for recovery.**

18.



18. Salamba Sarvangasana (classic, chair version, or couch version from the earlier DIY blog post)

- Soften the abdomen but keep the tailbone in strongly and chest lifted towards the chin.
- Extend upwards from the inner groin to the inner ankles.
- Keep the legs strong and engaged, but don't overdo and exhaust yourself.
- Use the inhalation and exhalation to maintain the lift of the pose while making it restful.

19.



19. Supported Setu Bandha Sarvangasana

- Open the groins and keep the chest lifted (should blades and dorsal spine in)
- In the first photo I show the double block variation

20.



20. Viparita Karani (with or without bolster support)

- You can use Viparita Karani as your Savasana if you'd like, but keep the eyes closed and turn your gaze in towards the center of the chest. Breathe softly and quietly. Focus your attention on the movement of the breath.
- Optional: If you're familiar with Bhramari pranayama, you could do some cycles of Bhramari here before moving into soft, quiet breathing. Bhramari is the "bee breath" so you make a soft buzzing sound in your vocal chords on exhalation. Bees are definitely a sign of spring! If done correctly and at night, Bhramari can help with sleep troubles and insomnia (see Light on Pranayama for details)