




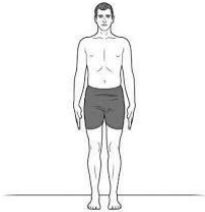

Invocation, or sit quietly for a bit and prepare your body, mind and breath for practice.




Lie on the floor near the wall to support the legs or use a belt to help hold the legs. Hold each position for as long as possible. Inhale - fill the center chest. Exhale - accent the leg actions.

Do repetitions of this section to begin to ease the legs and hips. At times focus on the back, at times the heart region.

<p>Urdhva Prasarita Padasana (this is like a supine Dandasana)</p>	<p>Keep entire spine resting on floor with chest open. Place blanket under sacrum if needed. Tighten leg muscles to assist the straightening of the knees</p>	
<p>Upavistha Konasana</p>	<p>Keep chest open and entire spine on floor Extend inner thighs from groin to inner heels Roll thighs in to keep the legs centered on their midline</p>	
<p>Baddha Konasana</p>	<p>Keep chest open and sacrum level on floor or blanket Slide heels down close to perineum Gently use your hands to push thighs towards the wall</p>	



Insert next a few standing poses to establish strength and fortitude in the legs. Hold each one for 1-2 minutes. Stand with back on the wall for support, or near wall for alignment reference. Repeat again facing the wall. Add more standing asanas as you like.

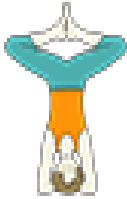

<p>Tadasana</p>	<p>Turn thighs in Lift center chest Elongate lumbar Express your strength in your backbone, and your compassion in your lifted chest.</p>	
<p>Utthita Hasta Padasana</p>	<p>Ground the outer heels Lift the chest off the abdomen Contract the perineum</p>	

Virabhadrasana II	Ground to outer heel of back leg Release from groin to knee on front leg Draw in front leg buttock	
Parsva Konasana	Ground outer heel of back leg Release from groin to knee on bent leg Roll open pelvis	
Prasarita Paddotanasna	Ground outer heels Lift abdomen Rest head on floor or block Cool your brain as you rest your head	

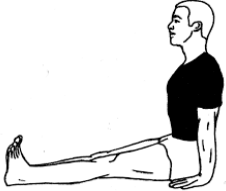



Prasarita Paddotanasna can be a good preparation for Sirsasana. Establish a strong Sirsasana and then add Upavistha and Baddha Konasana holding for a minute or more per leg variation.



*If you don't practice headstand substitute Down Dog and/or Uttānāsana in place of the Sirsasana set.

Sirsasana Hold for 2-3 minutes with or without the wall	Lift shoulders Roll thighs inward Lift low back	
Upavistha Konasana 30 seconds or more	Lift shoulders Spread the legs apart evenly Point knees forward when legs are split	

Baddha Konasana	Lift the shoulders Push the outer heels together Elongate the lumbar area	
Sirsasana	Lift shoulders Notice hollow abdomen	


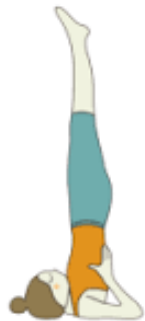

Seated and Forward Bending – spend 10-20 minutes with this set; 1-2 minutes per pose


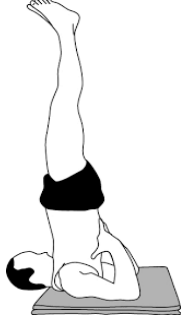
Dandasana	Elongate Back body Lift chest off abdomen Ground legs to floor	
Paschimottanasana	Ground legs to floor Extend chest away from abdomen Broaden back body	
Upavistha Konasana	Same notes: Elongate Back body Lift chest off abdomen Ground legs to floor Extend from groin to heel	
Upavistha Konasana forward	Ground legs to floor Extend chest away from abdomen Broaden back body	

Baddha Konasana	<p>Same notes: Elongate back body Lift chest off abdomen Extend from groin to inner knee, keep outer heels together</p>	
Baddha Konasana Forward	<p>Ground thighs and outer shins to floor Extend chest away from abdomen Broaden back body</p> <p>Use bolster or chair if you can't rest head on floor</p>	

Add Sarvangasana here. Spend 5-10 minutes on the set.

*If you don't practice shoulder stand you can do the first set of legs up the wall again before Savasana

Halāsana	<p>Broaden your back Lift groins Push into back of legs to straighten the knees.</p>	
Sarvangasana	<p>Anchor your shoulders Raise groins Draw in outer ankles</p>	
Supta Konasana	<p>Broaden the back Anchor the shoulders Extend from groins to heels</p>	

<p>Baddha Konasana in Sarvangasana</p>	<p>Anchor the shoulders Broaden the back Push outer heels together</p>	
<p>Sarvangasana</p>	<p>Notice the hollow abdomen Appreciate the strength of your back Look towards your open heart</p>	

Savasana or finish with quietly repeating the first three legs up the wall positions.