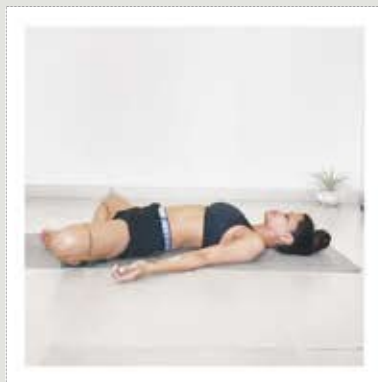


WORK-FROM-HOME SEQUENCE

*All breath counts indicated here are for beginners. If you're able to do the asana for longer, please feel free to experiment!



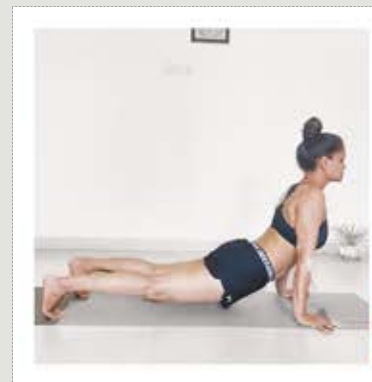
Supta baddhakona
20 breaths



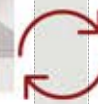
Supta padangushta
10 breaths each side



Supta Marichyasana
10 breaths each side



Urdhwa Mukha
Shwanasana
(inhale)



10 breaths



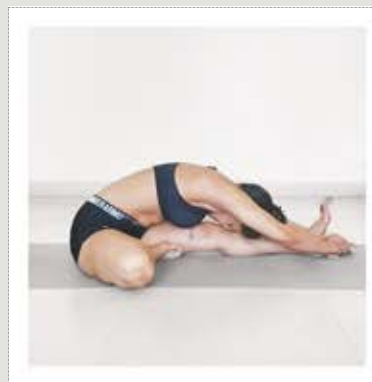
Adho Mukha
Shwanasana
(exhale)



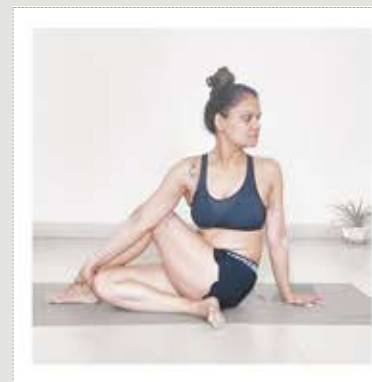
Viparita
Veerabhadrasana
10 breaths each side



Ushtrasana
20 breaths



Janu shirshasana
10 breaths each side



Ardha Matsyendrasana
10 breaths each side



Matsyasana
10 - 20 breaths

End the practice with shavasana for atleast 25 breaths

Stay in touch!



AMRUTHA
BINDU
YOGA
Mind, body & beyond

yoga with
pragya