



Tadasana



Trikonasana



Parsvakonasana



Virhabhadrasana II



Uttanasana



Adho Mukha Svanasana



Virasana



**Parvatasana in
Virasana**



Down Dog



Ustrasana



Marichyasana



Janusirsasana

**Alternate legs to the
side.**



Paschimotanasana

Both legs forward

**Sit on a blanket for
the seated postures if
you need to.**



Savasana

Some Notes for your practise

- Do the poses to the right first and then the left side. Go back into a good Tadasana in between each of the other standing poses.
- Practise a set number of breaths for each side - 5 or 8 or more breaths.
- Always do twists after back bends. Avoid strong backbends and twists during the menstrual cycle.
- Always finish with Savasana
- Remember soft breath, eyes and face.
- You can include shoulder stand before savasana (not during menstrual cycle).

