

Daily Practice Sequence - 90 minute - Level II-III with standing poses

**Tadasana
Urdhva Hastasana
Vrksasana ***

**Parsvakonasana
Ardha Chandrasana
Adho Mukha Svanasana
Vasistasana**

**Virabhadrasana I > Virabhadrasana III
Parivrtta Trikonasana
Parivrtta Parsvakonasana
Parivrtta Ardha Chandrasana
Prasarita Paddottanasana**

**Dandasana
Upavista Konasana / forward > Baddha Konasana /forward
Navasana
Ardha Matseyndrasana II
Supta Padangusthasana II
Janu Sirsasana *
Paschimottanasana**

**Viparita Korani w/ Block
Chatushpadasana
Urdhvha Dhanurasana
Adho Mukha Vrksasana**

**Sirsasana w/ Eka Pada
Halasana
Sarvangasana w/ Eka Pada
Setu Bandha Sarvangasana**

*** can interchange Vrksasana, Utthita Hasta Padangusthasana, Parsva Utthita Hasta Padangusthasana**

*** can interchange Janu Sirsasana, Trianga Mukhaikapada Paschimottanasana, Ardha Baddha Padma Paschimottanasana, Marichyasana I**