

# Introduction to Asana Practice Guide

## Week One Practice:



Urdhva Prasarita Padasana



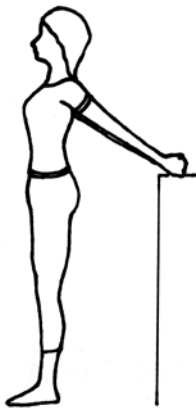
Ardha Uttanasana

## Week Two Practice Add:



Bharadvajasana

## Week Three Practice Add:

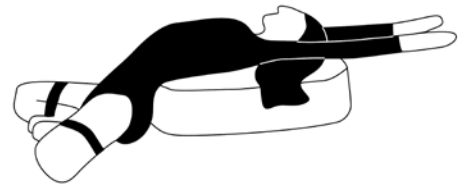


Rope 1 action with hands interlocked behind and up on counter top

## Week Four Practice Add:

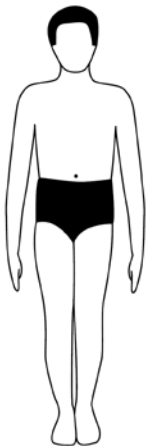


Adho Mukha Svanasana

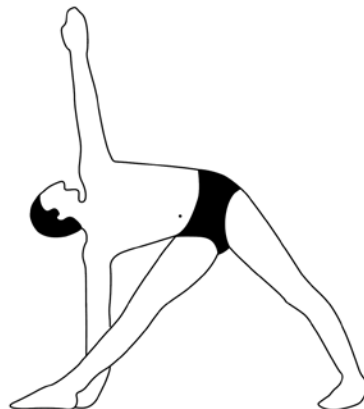


Supta Baddha Konasana

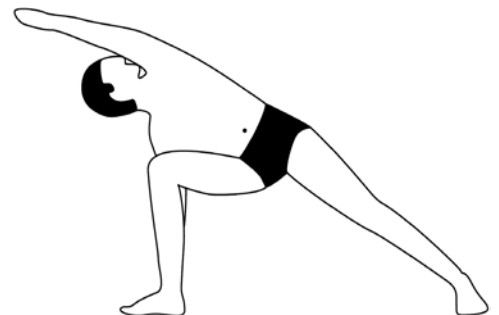
## Week Five Practice Add:



Tadasana



Utthita Trikonasana



Utthita Parsvakonasana

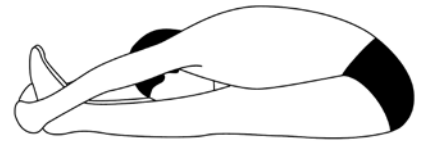
**Week Five Practice (continued):**



Baddha Konasana



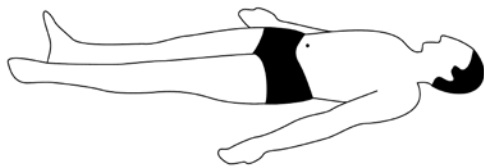
Janu Sirsasana



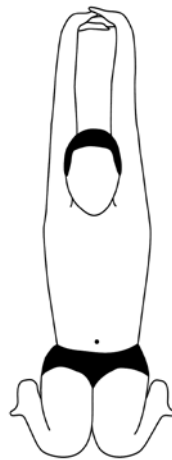
Paschimottasana

**Week Six Practice Add:**

**Week Seven Practice Add:**



Savasana

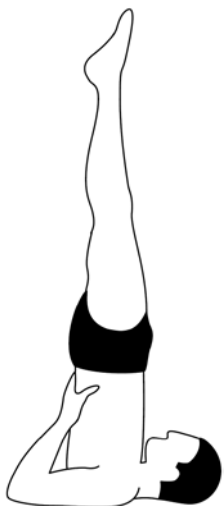


Virasana

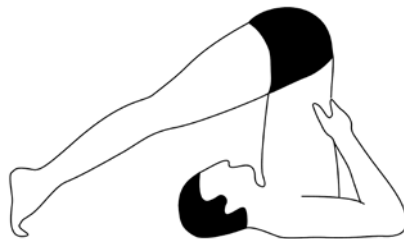


Virabhadrasana II

**Week Eight Practice Add:**



Salamba Sarvangasana  
from Halasana



Halasana



Ardha Chandrasana

**Weeks 9 – 12 practice should include all these poses.  
Speak with your instructor about proper sequencing.**