

1. Adho Mukha Virasana
2. Adho Mukha Svanasana – hands at wall
3. Uttanasana - access 4 corners of knees (press outer & inner heels down, extend the outside knee ligament, take outer shin in & top center of thigh to the bone)
4. Tadasana access 4 corners of back leg knee

Asanas 6-10 2x each. Observe stability in the legs

5. Vrksasana access 4 corners of standing knee
6. Utthita Trikonasana
7. Utthita Parsvakonasana
8. Ardha Chandrasana *from Utthita Trikonasana* - start with bent right leg. Keep left leg bent & raise left leg from inner groin. Foot should feel heavy, and lift should come from inner groin
9. Parsvottanasana front heel down, rest of foot up to encourage femur bone to suck into hip socket; 1st time concave back; 2nd time inch torso down leg
10. Prasarita Padottanasana - head to floor or support
11. Uttanasana (concave to hands on floor, elbows wide)
12. Urdhva Prasarita Padasana to observe foot action for Sirsasana
13. Sirsasana - 5 min
14. Virasana – twist R & L 2x
15. Salamba Sarvangasana - 5 min
16. Halasana - 5 min
17. Karnapidasana
18. Setu Bandha over sarvangasana blankets
19. Savasana - entire torso on floor, legs on sarvangasana blankets (chair if doing in chair)