

Move quickly through poses 1-8:

1. Adho Mukha Svanasana
2. Uttanasana
3. Adho Mukha Svanasana to Urdhva Mukha Svanasana 5x
  
4. Uttanasana, bend knees and come up to
5. Utkatasana, come up to
6. Tadasana with Urdhva Hastasana, back to Uttanasana & repeat #s 4, 5, 6 - 5x
  
7. Utthita Trikonasana 2x each side
8. Ardha Chandrasana 2x each side; see that the heel and big toe mound of the lifted leg lift simultaneously
  
9. Prasarita Padottanasana (hold 2 minutes)
10. Salamba sirsasana (5 minutes)
11. Adho mukha virasana
12. Salamba sarvangasana 1 (5 minutes)
13. Halasana (3 minutes, approx)
14. Eka pada sarvangasana from Halasana. Take one foot up from the floor at a time. Keep one foot on the floor (without going into Sarvangasana) - 2x each leg
15. Upavistha konasana (sitting straight, hands on floor or blanket) on support if necessary. Folded blanket is to be turned for this pose only.
16. Baddha konasana (sitting straight, hands on floor or blanket) on support if needed
17. Siddhasana on support if needed. If unable, do Swastikhasana. Keep knees down, or on support if necessary.

Those who can't catch their foot in the following forward bends are to use a strap and stay in concave back. In concave back, see that the anterior spine lifts. Those who are able to catch their foot and take the head down are to have support for the head. Come to proper Dandasana in between each pose and each side - 2x each if time allows, otherwise 1x each.

18. Janu sirsanana

19. Marichyasana 1

20. Dandasana

21. Paschimottanasana

22. Setu bandha sarvangasana (block)

23. Savasana

Special note to MB:

For the forward bends, if concave action becomes too hard on the neck or low back, use a chair and take your head to the chair. Use proper support for knee. Take care of yourself.