

Backbend Sequence

- Geeta arm work from Preliminary Course
- Rope 1 – 3 stages
- Adho mukha vrksasana
- Dwi pada viparita Dandasana (chair, legs parallel to floor, holding back legs of chair)
- **Salamba sirsasana**
- **Salabhasana**
- **Danurasana**
- **Bhujangasana**
- **Urdhva mukha svanasana**
- **Adho mukha svanasana**
- **Chaturanga dandasana**
- **Ustrasana**
- **Urdhva Dhanurasana (chair)**
- Parvatasana in virasana (or swastikhasana if can't do)
- Adho mukha virasana
- **Supta padangusthasana (and/or bent leg version) 1 & 2**
- **Salamba sarvangasana 1**
- **Halasana**
- Karnapidasana
- Supta konasana
- **Parsva halasana**
- **Ekapada sarvangasana**
- **Parsvaikpada sarvangasana**
- Halasana
- Forward swastikhasana
- **Savasana**