

Foundation practitioner sequence 1: 75 mins practice

Comments: Introductory sequence — focus on breath and movement. Arm variations in standing asanas, seated asanas upright, sarvangasana foundation

Asana	Alternative: menstruation / other	Comments
Start		Total 3 mins
Supta baddha konasana		
Standing asanas		Total 25 mins
Tadasana	Feet apart	
Urdhva hastasana		30 sec
Urdhva baddhangullyasana		40–60 sec per side each
Tadasana		
Tadasana / gomukasana	Belt if needed	
Tadasana		
Tadasana / garudasana		
Tadasana		
Trikonasana	Heel to wall	Twice x 40sec
Virabhadrasana II		40 sec
Parsvakonasana		Twice x 40sec. Block to inner heel
Parsvottanasana	Hands to blocks	Twice x 40sec
Prasarita padottanasana	Concave back	1 min
Dog pose cycle		Total 5 minutes
Adho mukha svanasana		5–7 repetitions moving between the 3 asanas
Chaturanga dandasana (arms straight)		
Adho mukha virasana		
Seated asanas		Total 15 mins
Dandasana		
Urdhva hasta dandasana		
Padangustha dandasana		
Upavistha konasana		2 min
Parsva upavistha konasana		1 min each side upright with a belt
Baddha konasana		1 min upright. Hands facing back
Janu sirsasana		Twice x 1 min
Inversions		Total 10 minutes
Chatush padasana x 1	Setu bandha sarvangasana – 2 bolsters	
Chair chatush padasana		3 times x 20 breaths
Twist		Total 5 mins
Chair bharadvajasana		Twice x 20 breaths
Finishing		10 mins
Savasana		