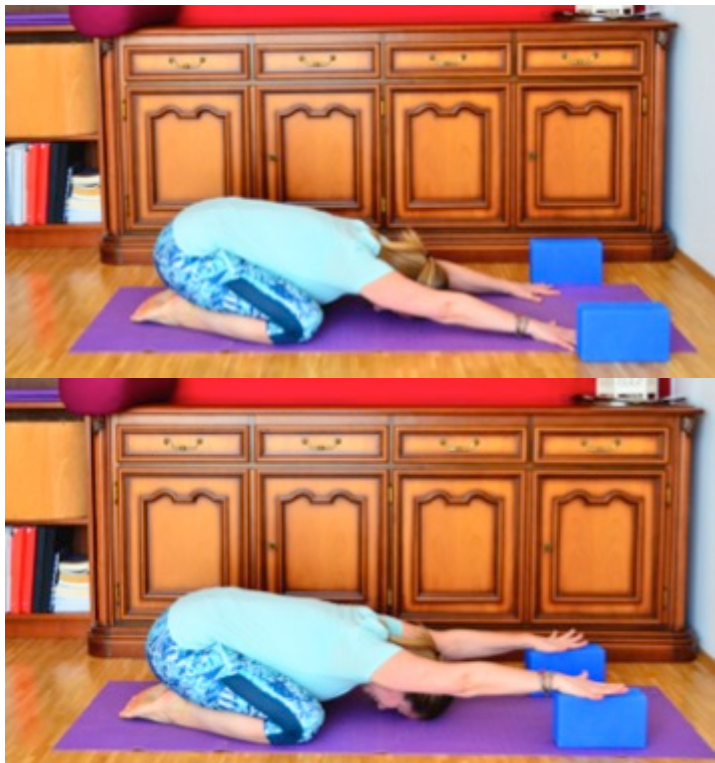


Week 16-22.03.2020
Sequence for emotional stability
Based on the sequence given by Guruji in "Light on Life"

Adho Mukha Virasana



2-3 Min

Make sure to have pelvis and shoulders at the same level. Support your forehead (directly on the floor or with a blanket/block)

Adho Mukha Svanasana



1)

3-5 Min

Support your head.

You can also have your heels at the wall or use a strap on a doorknob to hang in the pose (Photo 2)





2)

Uttanasana



3 Min
Support your head.

Sirsasana



As long as you can.



If you cannot do Sirsasana:
Prasarita Padottanasana with the head supported (directly on the floor or on a chair)



Dwi Pada Viparita Dandasana



1)



2)

3-5 Min

1) You can keep your knees bent. Change the position of your arms (hold the backrest, stretch the arms above the head)

2) You can also build a "bench" with books and bolsters or blankets and lay on it

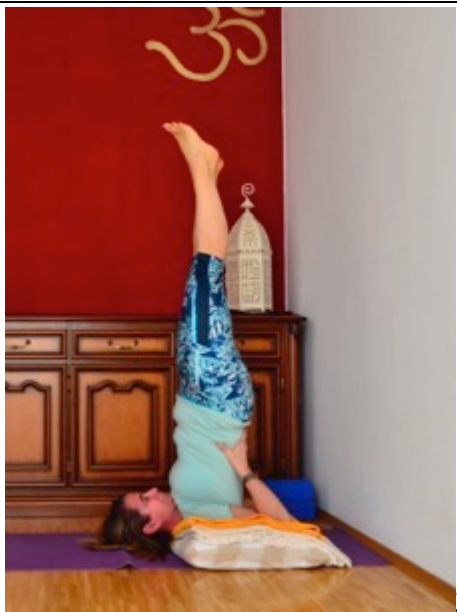
Chair Sarvangasana



5-10 Min

If the legs become tired, place the feet on the backrest or do Baddha Konasana





2)

If you don't have a suitable chair, practice regular Salamba Sarvangasana

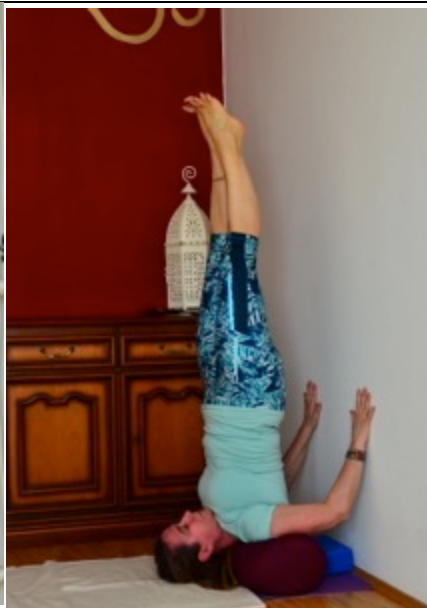
Niralamba Sarvangasana



1)

5 Min
1) If you can, go directly from chair Sarvangasana in this version of Niralamba Sarvangasana, otherwise come down and use the wall as in picture 2)





2)

Halasana



1)



2)

5 Min.
If possible, go directly in Halasana from chair Sarvangasana (Photo 1)

Otherwise practise regular Halasana (photo 2 and 3)





3)

Setu Bandha Sarvangasana



10 Min



Viparita Karani



5 Min

Make sure to have your abdomen flat, so that the abdominal organs move toward the spine and do not compress the lungs.

Have the top of the shoulders on the floor.

Paschimottanasana



2-3 Min

Support your head directly on your legs or use a chair



Upavista Konasana



2 Min

Sit on a blanket or
bolster if you cannot
sit upright.



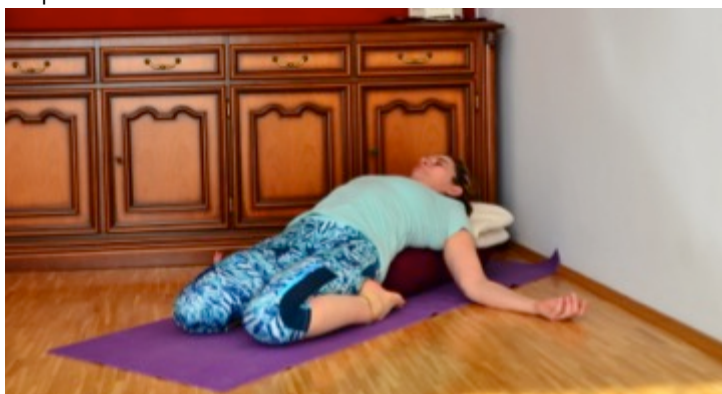
Baddha Konasana



3-5 Min

Also here, use a proper height to sit on, so that your knees are not higher than the edge of your pelvis

Supta Virasana



3-5 Min

If Supta Virasana is not possible, practice Supta Svastikasana



Pranayama in Salamba Savasana



possible spine support



10-15 Min
Start with Ujjayi 1, 2,
3.

Move to Viloma 2
(interrupted
inhalation)

Salamba Savasana

After Pranayama, stay
in Salamba Savasana
as long as you like



Namastè

