



# Simple Yoga Sequences for Beginning a Home Practice

---

Gary Browne

Copyright 2012

The following yoga sequences are provided as a guide to beginning a home practice. Begin slowly and don't try to force the body. Use props as you would in your classes and experiment with them – when to use them, what height to use etc. Short regular practices are better than one long practice per week. Only attempt postures with which you are familiar through your yoga classes and do them in the manner in which you have been taught. If you have any questions, ask your teacher.

# Standing Poses

---



Supta baddha konasana



Adho mukha virasana



Utthita hasta padangusthasana



Adho mukha svanasana



Gomukhasana



Tadasana



Urdhva hastasana



Utthita trikonasana



Virabhadrasana II



Utthita parsvakonasana



Ardha chandrasana



Uttanasana



Salamba sarvangasana



Savasana

## Practice Notes

Come back to tadasana between standing poses. You can work up to doing two or three standing poses coming back through parsva and utthita hasta padasana, without pausing in tadasana. You can also work repetition of the poses and gradually increase your timings in the poses. Vary the standing poses on different days and observe the effects – add vimanasana, virabhadrasana II and III, and parsvottanasana. Leave 10 minutes at the end for savasana.

# Forward Bends and Twists

---



Legs up the wall



Supta padangusthasana



Adho mukha svanasana



Salamba sarvangasana



Marichyasana III  
(standing)



Bharadvajasana I  
(chair twist)



Dandasana



Trianga mukhaikapada paschimottanasana



Janu sirasana



Marichyasana III



Bharadvajasana I



Savasana

## Practice Notes

Use plenty of support in the sitting postures, aiming for alignment and length of the spine and openness of the chest. Don't be aggressive with the forward bends. Try different forward bends each time eg. Upavista konasana (legs wide apart) and paschimottanasana (legs together). For passive versions, rest the head on the seat of a chair.

# Backbends

---



Supta baddha konasana



Adho mukha virasana



Adho mukha svanasana



Urdhva prasarita padasana



Paripurna navasana



Parvatasana



Chaturanga dandasana



Bhujangasana



Salabhasana



Dhanurasana



Ustrasana



Ardha halasana



Salamba sarvangasana



Savasana

## Practice Notes

The abdominal poses work to warm up the body. You can substitute garudasana or gomukhasana (arms) for parvatasana in virasana. Keep the backbend timings short to begin with and focus on technique and the breath. Use support for access eg. blocks under the hands in Ustrasana. Ardha halasana will release the back muscles after backbends. Ensure adequate time for savasana at the end (10 minutes).

# Restorative

---



Supta baddha konasana



Uttanasana  
(head supported)



Supta padangusthasana



Supta virasana



Cross bolsters



Setu bandha sarvangasana



Viparita karani



Savasana

## Practice Notes

Restorative sequences generally include a higher proportion of supine poses and longer timings.

In supta baddha konasana, supta virasana and setu bandha, use bolsters for support, lengthwise along the spine (and legs, in setu bandha). Start with 1-2 minutes in supta virasana, 5 minutes in cross bolsters and at least 7 minutes in setu bandha and viparita karani. Gradually increase your timings in all the poses. Leave at least 10 minutes for Savasana.

Make sure you are as comfortable as possible when you initially set up in each pose. Rest the head on a chair or higher in Uttanasana. Use plenty of support in supta virasana. Place the feet against a wall (a little higher, with a block under the heels if necessary) in cross bolsters. Have a bolster and blanket under the pelvis/lower ribs in viparita karani.