

3. Home & Office Practice

Duration: 15 min.

Optional Props: home pillow

Practice this sequence at home or at your workplace. It is simple, short and doesn't require special props – all you need is a regular chair. You may practice it a few times a day, whenever you feel the need to refresh.

1. *Dandasana*



1 min.

2. *Paśchimottanāsana*



1 min.

3. *Bharadvājāsana*



45 sec. each side

4. *Urdhva Dhanurāsana*



45 sec. x 2

5. *Uthita Hasta Pādāṅguṣṭhāsana*



40 sec. each leg

6. *Pārvṛtta Uthita Hasta Pādāṅguṣṭhāsana*



40 sec. each leg

7. *Pārśva Uthita Hasta Pādāṅguṣṭhāsana*



40 sec. each leg

8. *Uttānāsana*



2 min.

9. *Viparīta Dandasana*



2 min.