

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. Daṇḍāsana



1 min.

2. Paśchimottānāsana



1 min.

3. Bhāradvājāsana



45 sec. each side

4. Ūrdhva Dhanurāsana



45 sec. x 2

5. Utthita Hasta Pādāṅguṣṭhāsana



40 sec. each leg

6. Pārivr̥tta Utthita Hasta Pādāṅguṣṭhāsana



40 sec. each leg

7. Pārśva Utthita Hasta Pādāṅguṣṭhāsana



40 sec. each leg

8. Uttānāsana



2 min.

9. Viparīta Daṇḍāsana



2 min.