

RESPIRATORY OPENING SEQUENCE

All asanas supported and held ideally for a minimum of 5 minutes or whatever possible

Supta Virasana

Supta Baddha Konasana

Adho Mukha Svanasana

Sirsasana

Backbends - Any two to three of the following Backbends:
Dwi Pada Viparita Dandasana (chair if available),
Ustrasana, Urdhva Dhanurasana, belly down backbends

Twist (of your choice)

Adho Mukha Svanasana

Chatush Padasana

Salamba Sarvangasana with variations as possible

Halasana

Setu Bandha Sarvangasana

Viparita Karani

Savasana