

Maintenance Sequence



Adho Mukha Virasana



Balancing table



Adho Mukha Svanasana
(with table)



Uttansana



Parsvottanasana (right & left)



Trikonasana (right & left)



Plank to dolphin

(3 rounds - 3 to 5 breaths per posture)



Salamba Bhujangasana



Eka Pada Kapotasana
(pigeon on table - right & left)



Ardha matsyendrasana



Janusirsasana



Paschimotanasana



Supta baddha konasana



Savasana