

Light on Yoga, Appendix I, Week I (for all levels)

Standing poses develop stamina, strength, balance, and flexibility. Inverted poses require that we observe ourselves and our environment from a fresh perspective, cultivating mental focus and the ability to draw attention inward. Beginners may practice legs up the wall instead of Sarvangasana and Halasana. In the standing poses, hold for 30 seconds to 1 minute per side, repeating each twice. End with 10 minutes of savasana.

Tadasana

Vrksasana

Utthita Trikonasana

Utthita Parsvakonasana

Virabhadrasana I

Virabhadrasana II

Parsvottanasana

Salamba Sarvangasana I

Halasana

Savasana