

Level 1 asanas sequence

Baddha Konāsana (supta)
Adho Mukha Virāsana
Salahbasana
Bhujangasana
Balāsana
Bidalasana (cat pose)
Adho Mukha Svanasana
Eka Pada Rajakapotasana
Ashva Sanchalanasana
Adho Mukha Uttanasana
Tadāsana
Urdhva Hastasana
Adho Mukha Uttanasana
Tadāsana
Sūrya Nāmaskar
Vrksāsana
Virabhadrasana 1
Trikonasana
Virabhadrasana 2
Prasarita Padottanasana
Balāsana
Adho Mukha Svanasana
Adho Mukha Vrksāsana
Viparita Karani
Salamba Sarvangāsana
Setu Bandha Sarvangasana
Matsyasana
Supta Padangusthasana
Dandāsana
Paschimottanāsana
Baddha Konāsana
Upavistha Konāsana
Ardha Matsyendrāsana III
Savāsana