Foundational Practices:

**Day One:** The Foundation Sequence

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Parsvottanasana  
Salamba Sarvangasana I  
Halasana  
Savasana

**Day Two:** Parivrtta Trikonasana, Prasarita Padottanasana

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Parivrtta Trikonasana  
Parsvottanasana  
Prasarita Padottanasana  
Salamba Sarvangasana I  
Halasana  
Savasana

**Day Three:** The Abdominals

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Parsvottanasana  
Urdhva Prasarita Padasana

Paripoorna Navasana  
Ardha Navasana  
Jathara Parivartanasana  
Salamba Sarvangasana I  
Halasana  
Savasana

**Day Four:** Balancing Poses

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Virabhadrasana III  
Ardha Chandrasana  
Parsvottanasana  
Prasarita Padottanasana I  
Prasarita Padottanasana II  
Salamba Sarvangasana I  
Halasana  
Savasana

**Day Five**: Parivrtta Parsva Konasana and Parighasana

Tadasana  
Vrksasana  
Utthita Trikonasana   
Parivrtta Trikonasana  
Utthita Parsva Konasana  
Parivrtta Parsva Konasana  
Virabhadrasana I  
Virabhadrasana II  
Parsvottanasana  
Parighasana   
Salamba Sarvangasana I  
Halasana  
Savasana

Day Six: Sarvangasana variations

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Parsvottanasana  
Salamba Sarvangasana I  
Eka Pada Sarvangasana  
Halasana  
Karnapidasana  
Savasana

Day Seven: Standing Forward Bends

Tadasana  
Vrksasana  
Utthita Trikonasana   
Utthita Parsvakonasana  
Virabhadrasana I  
Virabhadrasana II  
Parsvottanasana  
Prasarita Padottanasana I  
Padangusthasana   
Padahastasana  
Uttanasana  
Salamba Sarvangasana I  
Halasana  
Savasana