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