

# HOME PRACTICE SEQUENCE

Sequence by Karen Roebuck  
Karen teaches the Monday 4:00pm class.

Model: Jewel Schrader Orem

Photos: Kathy Prekoski



2 Jathara parivartanasana  
Easy floor twist



3 Laying over a block, place strap around arms near elbows. Take arms overhead towards the floor



1 Supported matsyendrasana (fish pose). Lay over a blanket roll for 3-5 minutes and then release the back flat to floor.



4 Supta padangusthasana  
Hamstring stretch

8 Savasana (not pictured)  
Corpse or Resting Pose



7 Eka pada raja kapotasana  
One legged king pigeon

5 Supta garudasana  
Reclining eagle arms



6 Thread the Needle for the hips