












Secuencia de nivel básico para principiantes, aunque ir perfeccionando los asanas requiere cierta habilidad. Es recomendable hacer algún calentamiento previo a los saludos al sol, ... o empezar directamente con los saludos al sol si no tienes mucho tiempo.

Modifica cualquiera de las posturas de flexión sentados, sentándose sobre algún soporte si todavía tienes dificultad para colocar la pelvis en anteflexión.

 <p>1. Classic Sun Salutation Variation Classic Surya Namaskar Variation</p>	<p>x6</p> <p>2. Repeat 6</p>	 <p>3. Mountain Pose Tadasana</p>	 <p>4. Beginner Tree Pose Beginner Vrikshasana</p>
 <p>5. Tree Pose Volcano Pose Arms Vrikshasana Urdhva Hastasana</p>	 <p>6. Mountain Pose Tadasana</p>	 <p>7. Beginner Tree Pose Beginner Vrikshasana</p>	 <p>8. Tree Pose Volcano Pose Arms Vrikshasana Urdhva Hastasana</p>
 <p>9. Mountain Pose Tadasana</p>	 <p>10. Bear Pose Bharangasana</p>	 <p>11. Intense Leg Stretch Pose Hands On Floor Prasarita Padottanasana Hands On Floor</p>	 <p>12. Intense Leg Stretch Pose Variation Hands On Knees Prasarita Padottanasana Variation Hands On Knees</p>



13. Intense Leg Stretch Pose Prasarita Padottanasana



14. Revolved Wide Legged Forward Bend Pose Ardha Parivrtta Prasarita Padottanasana



15. Revolved Wide Legged Forward Bend Pose Ardha Parivrtta Prasarita Padottanasana



16. Intense Leg Stretch Pose Prasarita Padottanasana



17. Bear Pose



18. Garland Pose Malasana



19. Revolved Squat Pose Parivrtta Malasana



20. Garland Pose Malasana



21. Revolved Squat Pose Parivrtta Malasana



22. Garland Pose Malasana



23. Head On Knee Pose Preparation Janu Sirsasana Preparation



24. Revolved Head To Knee Pose Variation One Hand On Knee Parivrtta Janu Sirsasana Variation One Hand On Knee



25. Revolved Head-to-knee Pose Parivrtta Janu Sirsasana



26. Half Butterfly Pose Variation Forward Bend Ardha Baddha Konasana Variation Forward Bend



27. Half Lord Of The Fishes Pose Variation Hand Up Ardha Matsyendrasana Variation Hand Up



28. Head On Knee Pose Preparation Janu Sirsasana Preparation



29. Revolved Head To Knee Pose Variation One Hand On Knee Parivrtta Janu Sirsasana Variation One Hand On Knee



30. Revolved Head-to-knee Pose Parivrtta Janu Sirsasana



31. Half Butterfly Pose Variation Forward Bend Ardha Baddha Konasana Variation Forward Bend



32. Half Lord Of The Fishes Pose Variation Hand Up Ardha Matsyendrasana Variation Hand Up



33. Seated Straddle Pose Sitting Upright Blanket Upavistha Konasana Blanket



34. Seated Straddle Pose Sitting Upright Hands Up Blanket Upavistha Konasana Hands Up Blanket



35. Seated Straddle Pose Variation Sitting Upright Upavistha Konasana Variation Sitting Upright



36. Upward Facing Seated Straddle Pose Urdhva Mukha Upavistha Konasana



37. Upward Facing Seated Straddle Pose Holding Big Toes
Urdhva Mukha Upavistha
Konasana
Padangusthasana



38. Seated Straddle Pose Arms Behind
Upavistha
Konasana



39. Bound Angle Pose Arms Behind
Baddha
Konasana Arms Behind



40. Reclined Intense Back Stretch Pose Variation
Supta
Paschimottanasana
Variation



41. Happy Baby Pose Variation
Ananda
Balasana Variation



42. Happy Baby Pose
Ananda Balasana



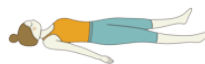
43. Reclined Butterfly Pose Hands Raised Behind
Supta Baddha
Konasana Hands Raised
Behind



44. Supine Spinal Twist Pose II
Supta
Matsyendrasana II



45. Supine Spinal Twist Pose II
Supta
Matsyendrasana II



46. Corpse Pose (IRT)
Savasana (IRT)