

Sarvangāsana (shoulder stand)

1. **tadasana 6T on toes**
2. **surya namaskar 3T**
3. **utthita trikonasana 5T each side, 6th time hold 2 Br**
4. **surya namaskar 3T** 5. **savasana 1-5 minutes**
6. **upp 5 T 6th T hold for 2 Br in circled pose**
7. **dwi pada pitham 5 T 6th T hold 2 Br hold up to 12 Br if comfortable**
8. **halasana into sarvangasana**
9. **savasana 3-5 minutes**
10. **apanasana 6T**
11. **salabhasana 6T**
12. **cakravakasana 6T**
13. **savasana** **PY=Pranayama/med=meditation**

