

Queenstown Yoga Studio

Personal Practice Programme

Set your printing
for landscape

Take as little or as long as you like. Even 10-15 minutes on one or two asanas is greatly beneficial.

As this is only a guide feel free to explore other asanas if you feel like digressing.

* Exclude these when menstruating or do alternative.

Note that practice 3 and 4 are Restorative so if you're feeling tired do one of those .

Practice 5 focuses on Inversions and Practice 6 is at least 60 minutes so you can do that before a rest day!

On a blank page keep a diary of your practice - just a couple of lines will suffice - and note any questions that come up. Good luck!

Practice 1

Virasana (or Vajrasana) **1**

Parvatasana (or Vajrasana) **2**

Adho Muka Virasana **3**

Adho Muka Svanasana **4**

Uttanasana **5**

Lunge: Right and left side **6**

Tadasana **7**

Trikonasana **8**

Parsvakonasana **9**

Adho Muka Svanasana **4**

with Uttanasana **5**

Savasana **10**

Practice 2

Supta Padangusthasana I * **11**

Supta Padangusthasana II **12**

Utthita Hasta Padangusthasana I * **13**

Uttita Hasta Padangusthasana II **14**

Vrksasana **15**

Utkatasana * **16**

Virabhadrasana II **17**

Svanasana/ Uttanasana **4 & 5**

Savasana **10**



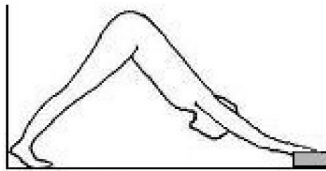
1 - Virasana (on brick) or
Vajrasana (with blanket
between heels and buttocks)



2 - Parvatasana
(and other arm variations)



3 - Adho Muka Virasana



4 - Adho Muka Svanasana
(With options: [1] Heels to
wall or [2] hands to wall)



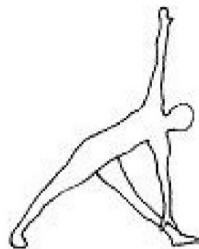
5 - Uttanasana



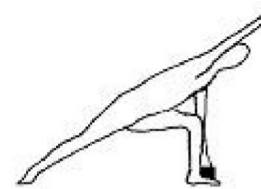
6 - Lunge



7 - Tadasana
(plus arms)



8 - Trikonasana



9 - Parsvakonasana



10 - Savasana

Practice 3

Supta Baddha konasana **18**

AM Virasana **3**

AM Svanasana **4**

Uttanasana **5**

Lunge: Right and left side **6**

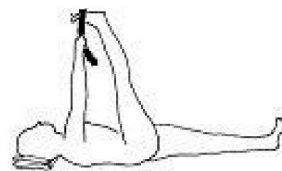
Sukhasana **19**

Parvatasana in Sukhasana **30**

Gomukasana in Sukhasana or Virasana **20**

Sarvangasana (free standing or over chair) * **21** or **23**

Savasana **10**



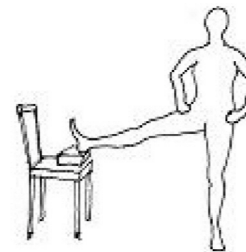
11 - Supta Padangusthasana I*



12 - Supta Padangusthasana II



13 - Utthita Hasta Padangusthasana I*



14 - Utthita Hasta Padangusthasana II



15 - Vrksasana

Practice 4

Viparita Karani* **22** or **18**

AM Virasana **3**

AM Svanasana (head support) **4**

Uttanasana **5**

Lunge **6**

Baddha konasana **25**

Dandasana **24**

Setu Bandha Sarvangasana **23**

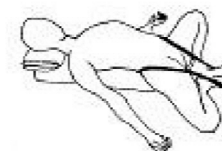
Savasana (along a bolster) **10**



16 - Utkatasana*



17 - Virabhadrasana



18 - Supta Baddha Konasana

Practice 5

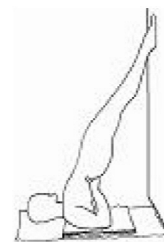
Virasana **1**
 Parvatasana in Virasana **2**
 Gomukasana in Virasana **20**
 Supta Tadasana then extend arms overhead **26**
 Prone Pinchamayasana **27**
 Sirsasana * or sirsasana preparation **28**
 Sarvangasana * **21** or Setu Bandha Sarvangasana **23**
 Viparita Karani * **22** or **18**
 Savasana **10**



19 - Sukhasana



20 - Gomukasana
(in Virasana)



21 - Sarvangasana*
(To the wall, a chair or free standing)



21 - Sarvangasana
(over a chair)

Practice 6

Supta Baddha Konasana **18**
 AM Virasana **3**
 AM Svanasana **4**
 Uttanasana **5**
 Supta Padangusthasana I * **11**
 Supta Padangusthana II **12**
 Trikonasana **8**
 Parsvakonasana **9**
 Virabhadrasana II **17**
 Prasarita Padottanasana **29**
 Sarvangasana * **21** or **23**
 Viparita karani * **22**
 Savasana **10**



22 - Viparita Karani *



23 - Setu Bandha Sarvangasana



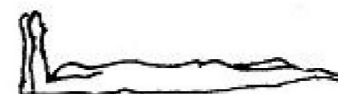
24 - Dandasana



25 - Baddha konasana
(on blankets or bolster)



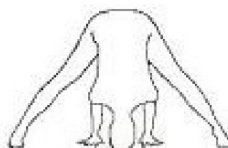
26 - Supta Tadasana



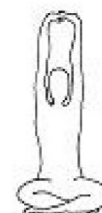
27 - Prone Pinchamayasana



28 - Sirsasana
(or full Sirsasana)



29 - Prasarita Padottanasana



30 - Parvatasana
(in Sukhasana)