

Yoga Sequence For Creating Grounding and Building Confidence

Integrated Care



1. Anjali Mudra



2. Bound Angle Pose Baddha
Konasana



3. Deer Pose



4. Mermaid Side Stretch Pose



5. Staff Pose Dandasana



6. Seated Forward Bend Pose
Paschimottasana



7. Bound Angle Pose Baddha
Konasana



8. Deer Pose



9. Mermaid Side Stretch Pose



10. Staff Pose Dandasana



11. Seated Forward Bend Pose
Paschimottasana



12. Twisted Pose Vakrasana



13. Twisted Pose Vakrasana



14. Child Pose Balasana



15. Cat Cow Pose Bitilasana
Marjaryasana



16. Wide Child Pose Prasarita
Balasana



17. Cat Cow Pose Bitilasana
Marjaryasana



18. Wide Child Pose Prasarita
Balasana



19. Locust Pose Salabhasana



20. Snake Pose Sarpasana



21. **Wide Child Pose** Prasarita
Balasana



22. **Downward Facing Dog Pose**
Adho Mukha Svanasana



23. **Triangle Pose Variation Hand
On Shin** Trikonasana Variation
Hand On Shin



24. **Sky Archer Pose**



25. **Warrior Pose II**
Virabhadrasana II



26. **Downward Facing Dog Pose**
Adho Mukha Svanasana



27. **Triangle Pose Variation Hand
On Shin** Trikonasana Variation
Hand On Shin



28. **Sky Archer Pose**



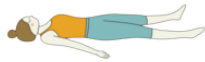
29. **Warrior Pose II**
Virabhadrasana II



30. **Downward Facing Dog Pose**
Adho Mukha Svanasana



31. **Child Pose** Balasana



32. **Corpse Pose** Savasana



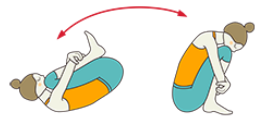
33. **Cycling Pose** Pada
Sanchalanasana



34. **Bridge Pose Variation Hands**
Setubandha Sarvangasana Variation
Hands



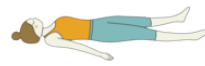
35. **Reclining Bound Angle Pose**
Supta Baddha Konasana



36. **Rocking And Rolling** Jhulana
Lurhakanasana



37. **Half Plough Pose** Ardha
Halasana



38. **Corpse Pose (IRT)** Savasana
(IRT)