Daily Practice Program

Use whichever of the following programs you find suitable, modifying it as you see fit. We have omitted various practices from previous lessons. Apply them as required. If at any stage

you feel the need of rest, practice shavasana for a couple of minutes before commencing the next practice or whenever you have the time during the day.

Practice	Rounds	Minutes
Program 1: duration 1 hour	Marie Carlos Company	tour bases on
Ardha Titali Asana	50 each leg	
Shroni Chakra	10 each way	3
Kauva Chalasana	_ caen way	3
Supta Pawanmuktasana	3 each stage	3
Simha Kriya	—	surely land
Gatyatmak Meru Wakrasana	20 rounds	3
Saithalyasana		ns at his 2
Sphinx Asana	3 golfmann zak	4
Shashankasana	Samo tostents	3
Marjari-asana	115 Contracted	t look base 2
Naukasana	3 rounds	3
Samaveta Pranayama	5 Tourius	tolk house 4
Nadi Shodhana Pranayama: Stage 1	A STATE OF S	5
Body awareness	The Many Street Holy	another 8
and the same and t	all a grillianto	10
The practice is quite long and over	all marsh states	60
Program 2: duration ½ hour	fpieum nede box	should be build
Ardha Titali Asana	35 each leg	2
Shroni Chakra	10 each way	3
Supta Pawanmuktasana	2 each stage	monthist 4
Simha Kriya	ber a carrier	2
Shashankasana	elymphat aromorphis	mov event 3
Sphinx Asana	2	2
Nadi Shodhana Pranayama: Stage 1	af Linear San Last via	
Body awareness	the transfer of the	4
body awareness	TOTAL INTERIOR MEDICALE	10
		30

Program 3: duration ¼ hour Ardha Titali Asana	35 each leg	2
Supta Pawanmuktasana	2 each stage	3
Simha Kriya		1
Sphinx Asana	2	2
Shashankasana	My oracine when the	3
Nadi Shodhana Pranayama: Stage 1	Liber wind which	4
		15

When you have time practise Shavasana, Naukasana, or the practice of body awareness.