

# 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
<b>Program 1: duration 1 hour</b>		
Ardha Titali Asana	50 each leg	3
Shroni Chakra	10 each way	3
Kauva Chalasana	—	3
Supta Pawanmuktasana	3 each stage	5
Simha Kriya	—	3
Gatyatmak Meru Wakrasana	20 rounds	2
Saithalyasana	—	4
Sphinx Asana	3	3
Shashankasana	—	4
Marjari-asana	15	3
Naukasana	3 rounds	4
Samaveta Pranayama	—	5
Nadi Shodhana Pranayama: Stage 1	—	8
Body awareness	—	10
		60
<b>Program 2: duration ½ hour</b>		
Ardha Titali Asana	35 each leg	2
Shroni Chakra	10 each way	3
Supta Pawanmuktasana	2 each stage	4
Simha Kriya	—	2
Shashankasana	—	3
Sphinx Asana	2	2
Nadi Shodhana Pranayama: Stage 1	—	4
Body awareness	—	10
		30



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**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	—	3
Nadi Shodhana Pranayama: Stage 1	—	4
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		15

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

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