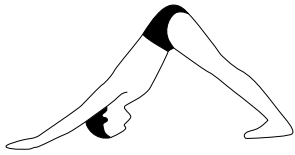


# THIRTY MINUTE PRACTICE OF INVERSIONS COMPILED BY KAREN ALLGIRE, CIYT

Begin with 5 minutes of **Hasta Mudra** (Arm Work).



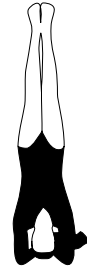
**Adho Mukha Svanasana**  
Downward Facing Dog Pose  
*Repeat 2-3 times*



**Adho Mukha Vrksasana**  
Downward Facing Tree Pose



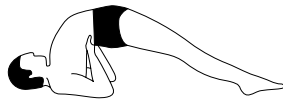
**Uttanasana**  
Intense Extension Pose



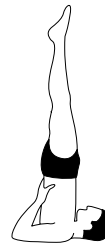
**Sirsasana**  
Head Balance



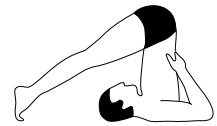
**Bharadvajasana**  
Sage Twist  
*Support one buttock*



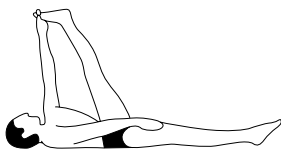
**Setu Bandha Sarvangasana**  
Bridge Pose  
*Arms at sides,  
sacrum on block, knees bent*



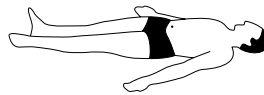
**Salamba Sarvangasana**  
Shoulder Balance  
*Use 3 blankets and belt  
the elbows*



**Halasana**  
Plough Pose  
*Feet on chair or wall  
as needed*



**Supta Padangusthasana**  
Reclining Big Toe Pose  
*Use belt on foot*



**Savasana**  
Corpse Pose