



Adho mukha virasana – face down hero – rest head on a support if you can't reach the floor. Take support under the hips or behind the knees, or padding under the shins, as required. You may also experiment with hands on blocks.



Adho mukha svanasana – downward facing dog – you could also have your heels or hands at the wall, or on bricks



tadasana– mountain pose

urdhva hastasana – arms upwards

you could stand with your back to a wall to help find the straightness and lift



Vrksasana – tree pose – you can practice facing the wall like this, with back to the wall, or free standing, or sideways to wall – experiment!



Trikonasana – you could practice with back to wall for stability, or put the lower hand to a chair or other height.



Warrior 2 – try practising with foot against wall, or back against wall, or free standing. Or hold a chair in front for balance.



Ardha chandrasana – you can have back to wall, foot to wall, or free standing. Hand on a height or on the floor. Revolve the abdomen. No need to turn the head – you can look ahead or down to the floor too if necessary.



Ardha uttanasana – hands to wall, a table, a window sill.....



Parsvottanasana – hands to height (bricks, chair etc) and concave upper back, look forward



Parsvottanasana – hands forward and roll head down shin – could practice with back heel to wall.



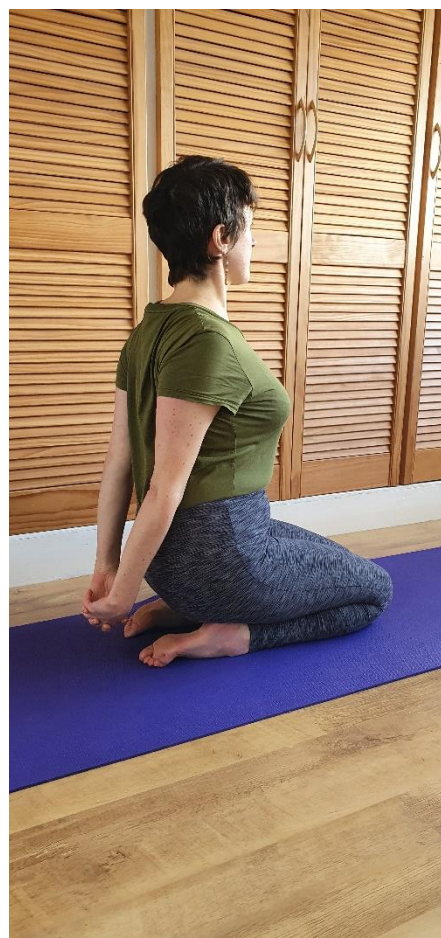
Parivrtta trikonasana – hand to height or to floor – here I demonstrate with a brick but it could be to the floor or to a chair.



Prasarita padottanasana – head towards floor if you can, or place hands on bricks in front (or even on a chair) and practice concave back version



Sirasana – if this is already within your practice, otherwise leave out.



Vajrasana – and interlock hands behind back to release trapezius muscles and encourage shoulder blades into back – knee on height, or do this sitting on a chair if necessary



Chatushpadasana – can make a shoulderstand platform, or at least a couple of blankets for the shoulders.



Salamba sarvangasana – shoulderstand if it's within your gift at the moment. Otherwise, stick with chatushpadasana.



Finish with paschimottanasana concave back and then forward, sitting on a height if needed.

Then savasana. Enjoy 😊