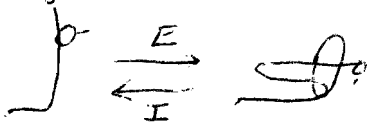
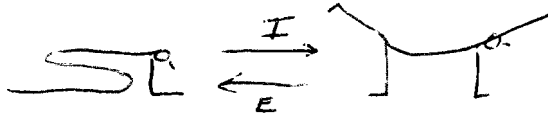


Developmental Sequence for Headstand
Kathy Ornish, 2006

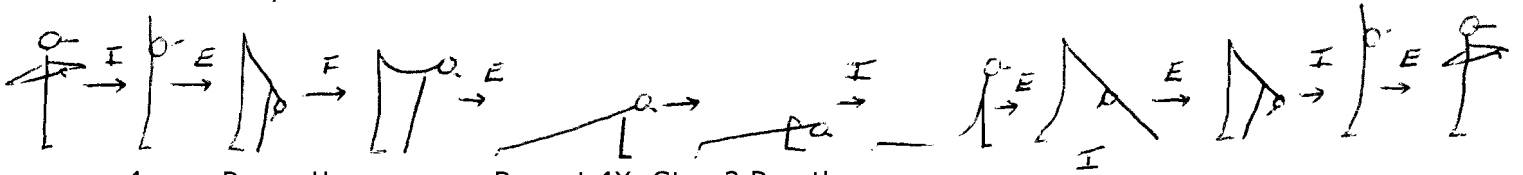
1. Vajrasana - 6X



2. Cakravakasana - Repeat 4X each side, alternating



3. Surya Namaskar A - 6 rounds -



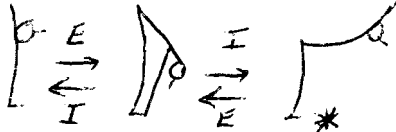
4. Parsvottanasana - Repeat 4X; Stay 2 Breaths



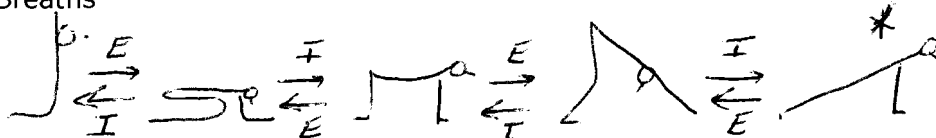
5. Utthita Trikonasana or Parivrtti Trikonasana - Repeat 4X with head movement



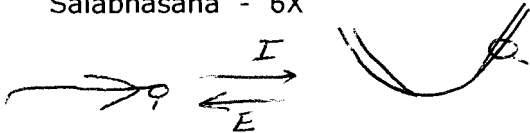
6. Uttanasana/Ardha Uttansana - Repeat 4X; Stay at * 1, 2, 3 Breaths



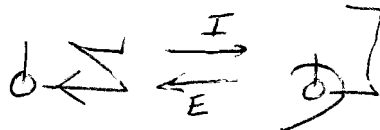
7. Vajrasana/Cakravakasana/Adho Mukha Svanasana/Plank - 4X; Stay at * 1, 2, 3 Breaths



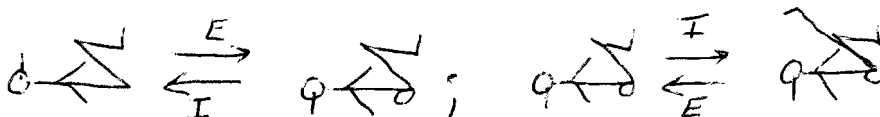
8. Salabhasana - 6X



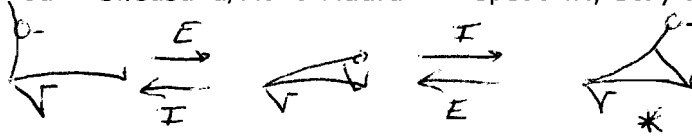
9. Urdhva Prasarita Padasana - Repeat 6X



10. Jathara Parivrtti - Repeat 4X; Stay moving leg 2 breaths



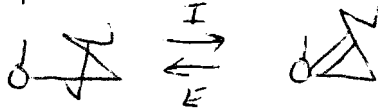
11. Janu Sirsasana/Maha Mudra - Repeat 4X; Stay at * 1, 2 breaths



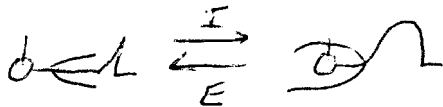
12. Pascimatanasana/Navasana - 4X; Stay in Navasana 1, 2, 3 breaths



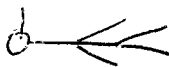
13. Apanasana



14. Dvi Pada Pitham - Repeat 4X (optional)



15. Savasana



16. Alternate Nostril Meditation

Watch the breath.

Become aware of the touch of breath in the nostrils.

Begin to visualize the natural inhale moving into the left nostril and touching the third eye.

As you exhale, visualize the breath moving from the third eye and out the right nostril.

As you inhale, visualize the breath moving in the right nostril and as you exhale visualize it moving back out the left.

Each time the breath touches the third eye in the middle of the brain.

Rest in the awareness of the path of the breath and the balance of the two sides of body and brain.