BEAT THE HEAT YOGA SEQUENCE

**Adho Mukha Virasana**
Raise the hands on blocks with support for the head.

**Adho Mukha Svanasana**
Lift the legs with blocks under feet, heels on wall. Take support to rest the head.

**Bhishmasana**
Blocks under sacrum, dorsal spine, head, hands, and feet (bolster used under feet in picture).

**Urdhva Prasarita Padasana**
Raise the feet so legs are perpendicular to floor. If balance is there, raise hands to hold strap with straight arms.

**Urdhva Dandasana**
Use a wall to remove most of the effort of balancing. Hanging *Sirsasana* can also be done if rope wall is available.

If headstand is not in your practice today, *Prasarita Padottanasana* with head support is an alternative.

**Setubandha Sarvangasana**
Bolster or rolled blankets under sacrum, feet at wall. Feet can be raised (on blocks) to hip level if there are low back issues.

**Supta Baddha Konasana**
Hips on bolster or rolled blankets, feet up on wall.

**Savasana / Pranayama / Savasana**
Use blanket support under torso and head. Take a few minutes to settle into the pose. Then, a several cycles of pranayama – controlled (but not deep) breathing. Return to normal, undirected breathing and remain for a least five minutes.

Sequence and pictures provided by Barb Sato, CIYT in Phoenix, AZ.