

# Supine Practice for Beginners



Rest on back



Right leg in



Left leg straight



Left arm back



R leg straight  
R arm back



L leg hovers  
L arm back



Both arms back



Fold in



R leg hovers  
R arm back



Both arms back



L leg up



Both arms back



Fold in



R leg up



Both arms back



Fold in  
(apanasana)



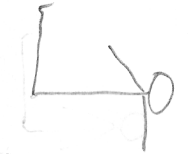
Repeat R leg



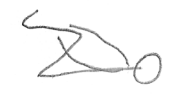
Rest on back



Apanasana



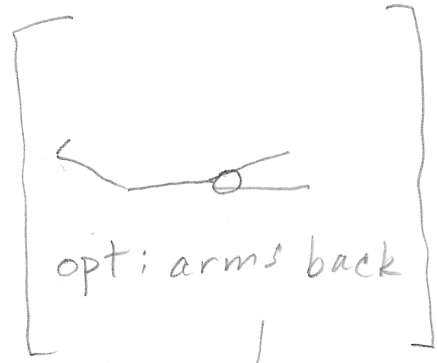
Both legs up



Apanasana



L leg hovers



opt; arms back



L leg to floor

Repeat R leg



Rest on back



Apanasana



Both legs up



Apanasana



Rest on back



Gradually lift into bridge (setu bandhasana)



Rest on back



Setu bandhasana



Roll onto R side



Twist into revolved belly pose

Repeat L side



Rest on R side



Rest in savasana