

## Infertility Sequence

Tadasana at the wall

Urdhva Hasta Tadasana (hands stretch up)

Baddha hasta Urdhva (interlace fingers and turn palms up)

Utthita Trikonasana (Triangle - use a block)

Utthita Parsva Konasana (Lateral angle - use a block)

Ardha Chandrasana (half moon - use a block)

Uttanasana (standing forward bend - rest head on blocks)

Shirshasana (headstand)

Ustrasana (Camel - supported, use a chair and bolster)

Viparita Dandasana (inverted staff pose - use a chair)

Baddha konasana

Upavishta konasana

Janu shirshasana (with bolsters)

Paschimottanasana (with bolsters)

Supta baddha konasana (with props)

Supta padangushtasana (use a belt)

Halasana (use two chairs and a bolster)

Sarvangasana (use a chair and bolster)

Setu bandha sarvangasana (use bolsters)

Viparita karani (feet up the wall. Use a bolster)

Savasana