

20 minutes - AVA Yoga Modifications Chart

Step	Step details	Time	Level-0: For those who skip Jal neti, Kapalbhata and asanas.	Level-1: For those who skip Jalneti, Shirshasana and ease Vajrasana	Level-2: For those who skip Shirshasana and ease Vajrasana	Level-3: For those who skip Jalneti	Level-4: For those who want to hold Shirshasana for 30 seconds to 1 min and ease Vajrasana
Step-1	1/4 Tea spoon Neem + 1/4 Tea spoon Turmeric + 1 tea spoon honey in warm water		Do	Do	Do	Do	Do
Step-2	Warm up	2 mins	March in place	Do	Do	Do	Do
Step-3	Jal Neti	2 mins	Steam inhalation followed by blowing nose to clear mucous. This step will take 5 - 7 mins	Steam inhalation followed by blowing nose to clear mucous. This step will take 5 -7 mins	Do	Steam inhalation followed by blowing nose to clear mucous. This step will take 5 -7 mins	Do
Step-4	Throat Gargling with salt water	1 min	Do	Do	Do	Do	Do
Step-5	Kapalbhati	4 mins	Do Bhastrika pranayam sitting in any comfortable posture with spine straight	Do	Do	Do	Do
Step-6	Marjariasana (Cat-Cow stretch)	1 min	Perform this pose standing.	Do	Do	Do	Do
Step-7	Shirshasana (Headstand)	5 mins	Skip	Do any of these asana combinations holding each pose for 30 seconds. (1) Sarvanga asana + Matyasana (2) Vipareetakarani + Matyasana (3) Chakrasana + Paschimottanasana	Do any of these asana combinations holding each pose for 30 seconds. (1) Sarvanga asana + Matyasana (2) Vipareetakarani + Matyasana (3) Chakrasana + Paschimottanasana	Do	Hold Shirshasana for 30 seconds to 1 min. Add any one , two or all the below inversion to practice (1) Sarvanga asana + Matyasana (2) Vipareetakarani + Matyasana (3) Chakrasana + Paschimottanasana
Step-8	Balasana (Child pose)	2.5 mins	Skip	Do	Do	Do	Hold Balasana for half the time you held Shirshasana
Step-9	Vajrasana	2.5 mins	Sit in any comfortable pose( ex: Sukhasana) with spine straight in meditation. Sitting on chair with Spine straight is also OK	Keep a pillow between your butt and feet to do supported Vajrasana. Or do this posture for as long as you can and rest of the time sit in Sukhasana(cross legged pose)	Keep a pillow between your butt and feet to do supported Vajrasana. Or do this posture for as long as you can and rest of the time sit in Sukhasana(cross legged pose)	Do	Keep a pillow between your butt and feet to do supported Vajrasana. Or do this posture for as long as you can and rest of the time sit in Sukhasana(cross legged pose)
Step-10	Closing prayer - Loka Samastha Sukhino Bhavantu		Do	Do	Do	Do	Do
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