Simple Jet Lag Sequence

This sequence should be used by those recovering from jet lag. The first few days after a long flight should entail very quiet yoga, as it is thought that it is the nervous system that needs to recover more than our bodies. A walk and some sunlight are helpful for adjusting, and some time during the day you could try at least 30 minutes of the following poses.

**Sequence steps**

1. **Supta Virasana**
   - 3-5 minutes
   - Leg lying back over some folded blankets or a few cushions.

2. **Virasana Forward**
   - 1-2 minutes
   - Extend buttocks down to heels. Arms forward. Forehead supported on floor, brick or blanket.

3. **Adho Mukha Svanasana**
   - 1-2 minutes
   - Hands on the floor to the wall. Head resting on a support such as a brick or folded blanket.

4. **Virasana Forward**
   - 1 minute
   - Extend buttocks down to heels. Arms forward. Forehead supported on floor, brick or blanket.

5. **Dandasana**
   - 30 seconds
   - Hands by the sides of the hip. Raise the sternum up. Head back in line with shoulders. Backs of knees towards the floor.

6. **Simple Cross Legs Forward**
   - 45 seconds per side
   - Rest forehead on support. Use height under buttocks if needed. Switch the cross of the legs.

7. **Baddha Konasana**
   - 2 minutes
   - Use a blanket or brick for support if needed.

8. **Upavistha Konasana Head Up**
   - 1 minute
   - Hands by the sides of the hip. Bend forward to hold feet to capacity. Hold upright.

9. **Upavistha Konasana Twist**
   - 30 seconds each side
   - Take opposite hand to foot or use a belt. Bend forward over leg to capacity.
**Prasarita Padottanasana (Head Down)**
1-2 minutes
Head resting on support.

**Salamba Sirsasana Wall Support**
3-5 minutes
Use wall as support if needed.
Alternative: headstand preparation [see next]

**Headstand Preparation with Blocks**
5-6 breaths
Head on floor, walking in, block in back if available. Repeat 3-4 times holding to capacity.

**Salamba Sarvangasana I**
5 minutes
To a chair, or in the middle of the room.

**Halasana**
3 minutes
Feet to chair or floor.

**Supported Setu Bandha Sarvangasana**
5-7 minutes
Over blankets or firm cushions.

**Simple Cross Legs Forward**
1 minute per side
Rest forehead on support. Use height under buttocks if needed. Switch the cross of the legs.

**Savasana**
5-10 minutes
With three fold blanket support if available.