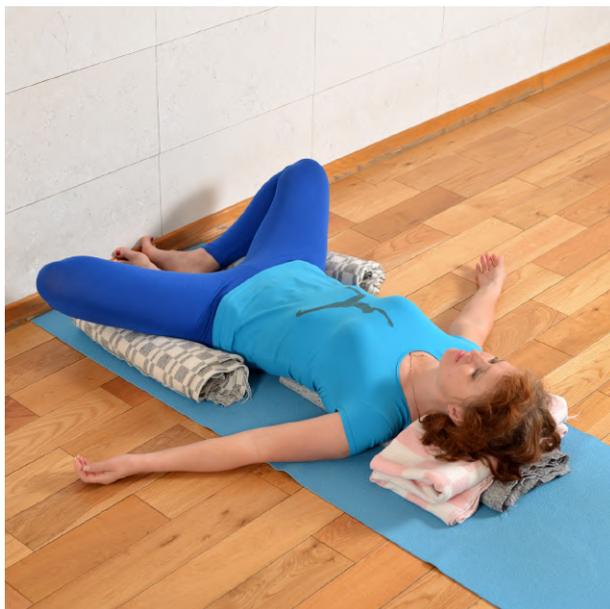


## Additional file 1. Illustrations for basic yoga sequence\*



Pose 1. Supta Baddha Konasana with roll under sacrum and feet



Pose 2. Vajrasana on bolster, with variations



Pose 3. Urdhva Baddha Anguliasana, sitting on chair

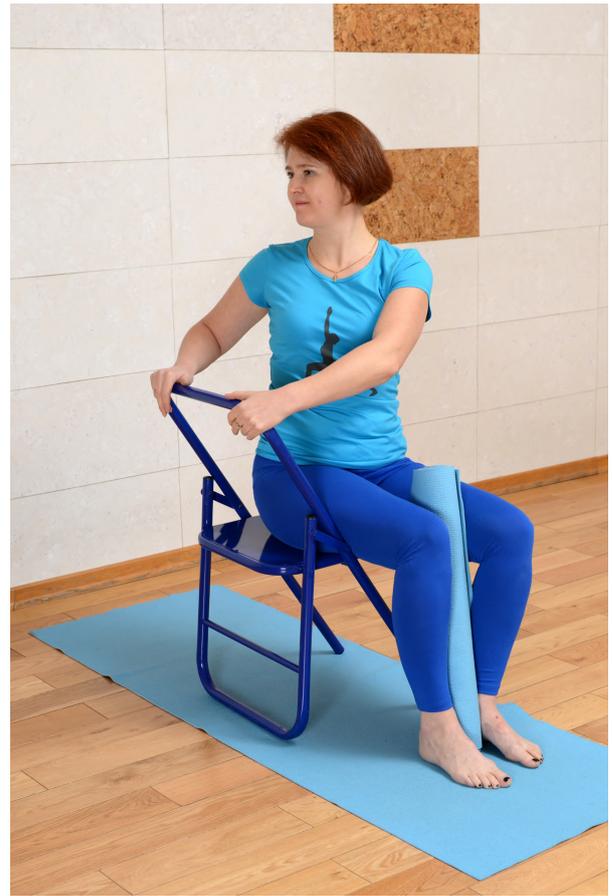


Pose 4. Tadasana, «marching»: lifting thighs as high as you can

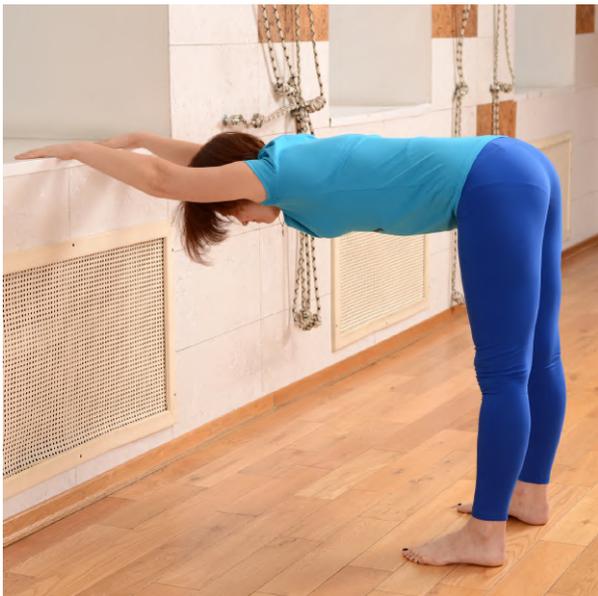
\*The names of the poses are provided in accordance with classification, provided in «Light on Yoga» by B.K.S. Iyengar (Iyengar B.K.S. 1966.)



Pose 5. Utkatasana, lifting and lowering body with back pressed against wall



Pose 6. Bharadvajasana with chair



Pose 7. Ardha Uttanasana with palms on support, feet apart



Pose 8. Parsvattanasana with hands on support



Pose 8.1. Adho Mukha Svanasana on ropes with support for head and hands



Pose 9. Virabhadrasana 1 with toes of front foot pressed against the wall



Pose 9.1. Supta Padangusthasana 1-2



Pose 10. Chatushpadasana, dynamically lifting pelvis and opening front groins



Pose 11. Setu Bandha Sarvangasana with body along bolster



Pose 11.1. Setu Bandha Sarvangasana on bench



Pose 12. Viparita Karani against the wall with weights on feet



Pose 12.1. Viparita Karani with shins on chair and bolster under pelvis



Pose 13, a) Savasana with blanket under back and feet touching support



Pose 13, b) Savasana with additional bolster under thighs



Pose 13, c) Savasana with shins on chair