

For Ashtanga Students, Natale recommends their regular sequence. If people have anxiety she prescribes slow and deliberate surya namaskara and to take time and focus on the closing Ashtanga Sequence of inversions. The Ashtanga sequence itself never changes nor is anything omitted, but people may abbreviate it by just doing the very beginning (surya namaskara and standing poses) and closing sequence. The most important consideration, especially when anxious or immune-compromised, is the breath. Moving or Sitting and breathing long slow even breaths makes a profound impact.