IYENGAR YOGA

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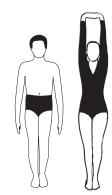
HOME PRACTICE SEQUENCE LEVEL I

Sequence 1

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 Tādāsana/Samasthiti to Ūrdhva Hastāsana 3 x



2 Tāḍāsana/Samasthiti to Ūrdhva Baddhānguliyāsana (change interlock) 2 X



3 *Vṛkṣāsana* 2 x each side



4 Utthita Trikoṇāsana 2 x each side



5 *Utthita Pārsvakoṇāsana* 2 x each side



6 *Pārsvottānāsana* (hands on hips; concave back) 2 x each side



7 Prasārita Pādottānāsana (hands on floor, arms straight; concave back)



8 Adho Mukha Švānāsana 2 X



9 *Ūrdhva Prasārita Pādāsana* (resting version: legs up wall, back flat on floor) stay quietly for 5 minutes