## IYENGAR YOGA INSTITUTE OF NEW YORK

ASSOCIATION OF GREATER NEW YORK

150 W. 22nd Street, 11th Floor New York, New York 10011 212 691 9642 www.iyengarnyc.org

## HOME PRACTICE SEQUENCE LEVEL I

Sequence 3

(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 Ūrdhva Hastāsana 2 x



2 Utkaṭāsana 3 X



3 Utthita Trikoṇāsana 2 x each side



4 Utthita Pārsvakoṇāsana 2 x each side



5 *Vimānāsana* 2 x each side



6 *Vīrabhadrāsana I* 2 x each side



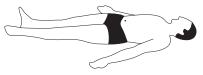
7 Adho Mukha Svānāsana 2 x



8 Catuspādāsana 2 x



9 Adho Mukha Vīrāsana (release the back)



10 Savāsana (legs resting on chair or support; 5 minutes)