IYENGAR YOGA

Institute of New York

ASSOCIATION OF GREATER NEW YORK

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HOME PRACTICE SEQUENCE LEVEL I

Sequence 4

(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 Sukhāsana (change cross)



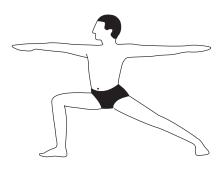
2 Sukhāsana Twist (simple cross legs, twist, change cross, and repeat) 2 x



3 Adho Mukha Vīrāsana (extend arms forward then change cross)



4 Utthita Trikoṇāsana 2 x each side



5 Vīrabhadrāsana II 2 x



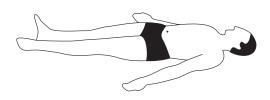
6 Ardha Candrāsana (with or without wall) 2 x



7 Adho Mukha Svānāsana 2 x



8 Bharadvājāsana (in chair) 2 x



9 *Savāsana* 5 minutes