

Petrá's

BACKBEND SEQUENCE



1.



SUPTA VIRASANA

2.



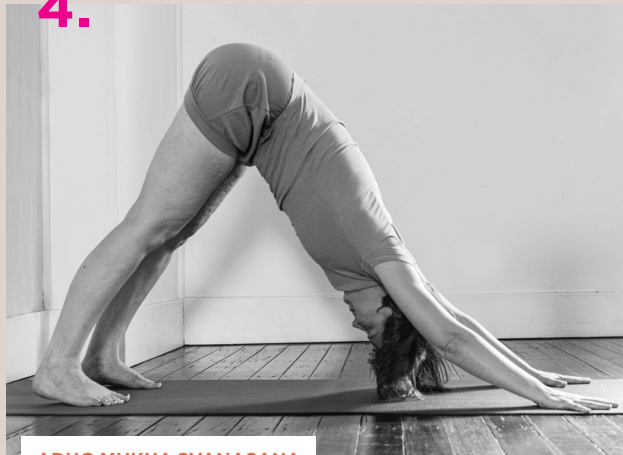
FORWARD VIRASANA

3.



UTTANASANA

4.



ADHO MUKHA SVANASANA

5.



ADHO MUKHA VRKSASANA

6.



PINCHA MAYURASANA

7.



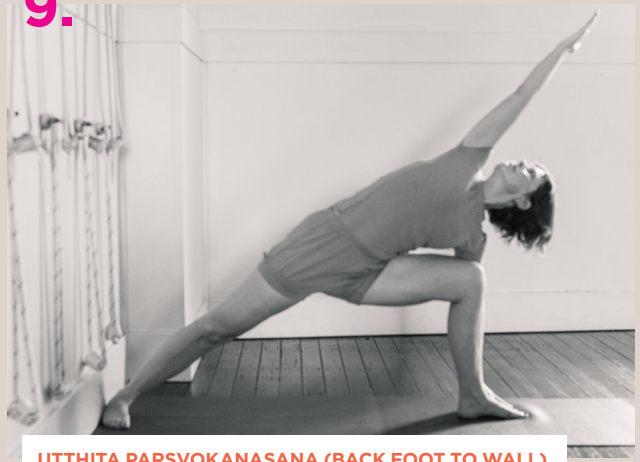
UTTHITA HASTA PADANGUSTHASANA I+II TO WALL
— BOTH SIDES

8.



TRIKONASANA (BACK FOOT TO WALL)
—BOTH SIDES

9.



UTTHITA PARSVOKANASANA (BACK FOOT TO WALL)
—BOTH SIDES

10.



ARDHA CHANDRASANA (FOOT TO WALL)
—BOTH SIDES

11.



VIRABHADRASANA I (BACK FOOT TO WALL)
—BOTH SIDES

12.



PRASARITA PADDOTTANASANA

13.



TWO BRICKS OVER A BLANKET (FEET TO WALL)

14.



SIRSASANA

15.



URDHVA MUKHA SVANASA

16.



SALABASANA

17.



DHANURASANA

18.



CHATUSH PADASANA

19.



URDHVA DHANURASANA (WITH BRICKS UNDER HANDS - DIFFERENT HEIGHTS)

20.



REPEAT WITH BRICKS UNDER FEET AND DWI PADA

21.



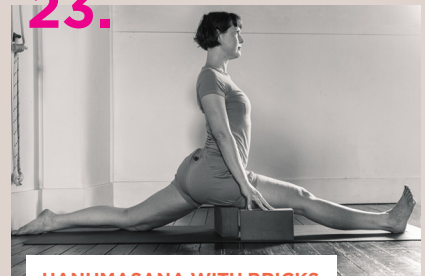
REPEAT DWI PADA WITH CHAIR

22.



EKA PADA RAJA KAPOTASANA (BACK FOOT ON CHAIR AND BRICKS FOR HANDS) - BOTH SIDES

23.



HANUMASANA WITH BRICKS - BOTH SIDES

24.



UTTANASANA (WITH BRICK BETWEEN THIGHS)

25.



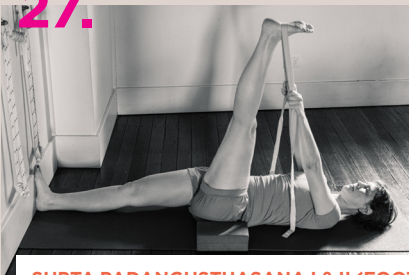
ADHO MUKHA SAVASANA (WITH BRICK BETWEEN THIGHS)

26.

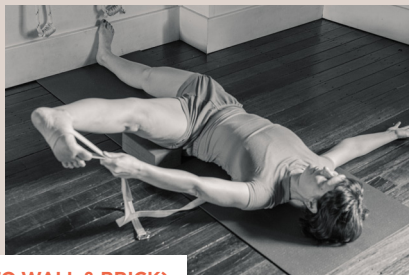


FORWARD VIRASANA

27.



SUPTA PADANGUSTHASANA I & II (FOOT TO WALL & BRICK)
— BOTH SIDES



28.



SUPPORTED HALASANA

29.



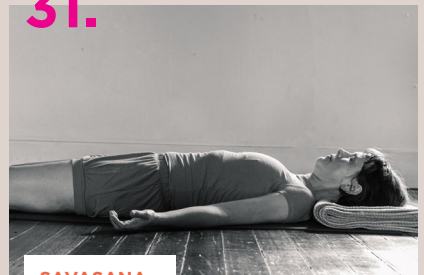
JANU SIRSASANA (SUPPORTED)
— BOTH SIDES

30.



PASCHIMOTTANASANA (SUPPORTED)

31.



SAVASANA



BACKBEND SEQUENCE

Petra's Backbend Sequence is based on the Saturday morning backbend sequence practiced with Pixie Lillas at Balmain Iyengar Yoga Studio.

1. Supta Virasana
2. Forward Virasana
3. Uttanasana
4. Adho Mukha Svanasana
5. Adho Mukha Vrksasana
6. Pincha Mayurasana
7. Utthita Hasta Padangusthasana I & II (foot to wall)
—Both sides
8. Trikonasana (back foot to wall)
—Both sides
9. Utthita Parsvokanasana (back foot to wall)
—Both sides
10. Ardha Chandrasana (foot to wall)
—Both sides
11. Warrior I (back foot to wall)
—Both sides
12. Prasarita Paddottanasana
13. Two Bricks over a blanket (feet to wall)
14. Sirsasana
15. Urdhva Mukha Svanasana
16. Salabasana
17. Dhanurasana
18. Chatush Padasana
19. Urdhva Dhanurasana with bricks under hands
—different heights (flat, long edge and short edge)
20. Repeat with bricks under feet & Dwi Pada
21. Repeat with Chair under feet & Dwi Pada
22. Eka Pada Raja Kapotasana (with back foot on chair and bricks for hands)
23. Hanumasana (with bricks)
—Both sides
24. Uttanasana (with brick between thighs)
25. Adho Mukha Svanasana (with brick between thighs)
26. Forward Virasana
27. Supta Padangusthasana I & II
—Both sides
28. Supported Halasana
29. Janu Sirsasana supported
—Both sides
30. Paschimottanasana supported
31. Savasana