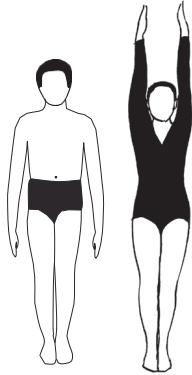
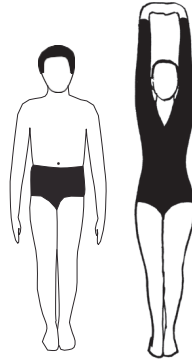




(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



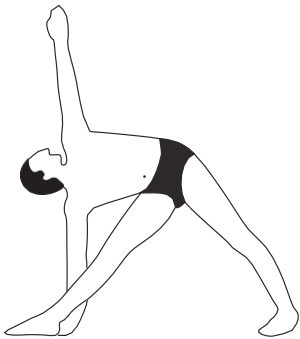
1 ~~Tadana~~ ~~Samasthiti~~
to ~~Urdhva~~
~~Hastana~~ 3 x



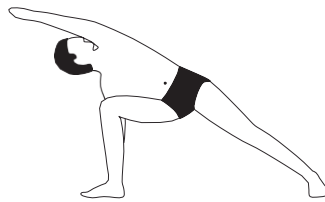
2 ~~Tadana~~ ~~Samasthiti~~
to ~~Urdhva~~ ~~Baddhanguliyana~~
(change interlock)
2 x



3 ~~Vrksana~~
2 x each side



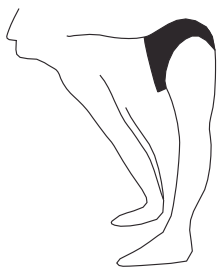
4 ~~Utthita~~ ~~Trikonana~~
2 x each side



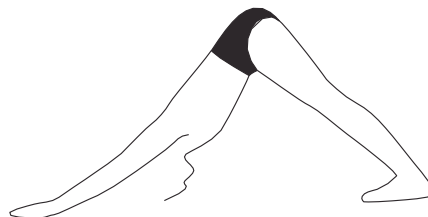
5 ~~Utthita~~ ~~Pakonana~~
2 x each side



6 ~~Pasvatanana~~
(hands on hips; concave back)
2 x each side



7 ~~Prasana~~ ~~Pattana~~
(hands on floor, arms straight;
concave back)
2 x



8 ~~Adho~~ ~~Mukha~~ ~~Sasana~~
2 x



9 ~~Urdhva~~ ~~Prasana~~ ~~Pasana~~
(resting version: legs up wall,
back flat on floor)
stay quietly for 5 minutes

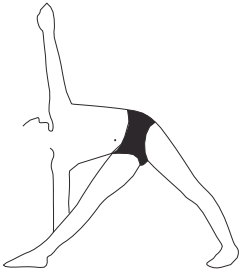
IYENGAR YOGA



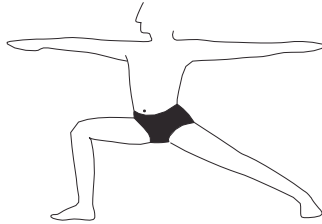
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home practice sequence level i Sequence 2

(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 **Utthita Trikonasana**
2 x each side



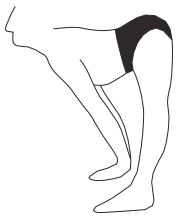
2 **Virabhadrasana II**
2 x each side



3 **Ardha Uttanasana**
(half Uttanasana;
hands on wall at
shoulder height;
concave back)
1 x



4 **Pasvottasana**
(concave back; hands
on chair or blocks)
2 x



5 **Pranita Padmasana**
(hands on floor, arms
straight; concave back)
2 x



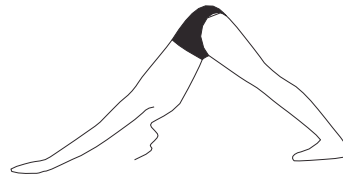
6 **Sukhasana**
(simple cross legs;
switch cross and twist
to each side) 2 x



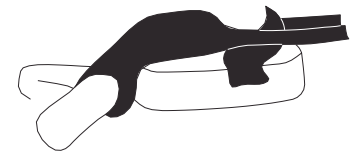
7 **Baddha Konasana**
(back supported
against wall or couch)
sit on support for
several minutes



8 **Vajrasana** (*Urdhva Hasta*
& *Parvatasana* in
Vajrasana) sit with
blanket between calves
and thighs)



11 **Adho Mukha Svanasana**
2 x



12 **Supta Baddha Konasana**
(with support under
legs, back, and head)

9 **Adho Mukha Virasana**
(knees apart; relax
forward; then arms
forward) 2 x

10 **Pavanmuktasana**

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home practice sequence

level i Sequence 3

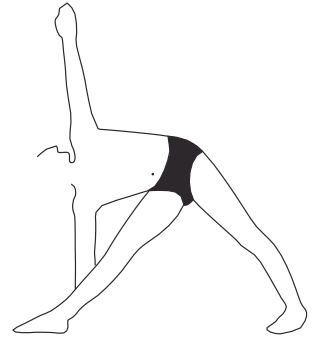
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



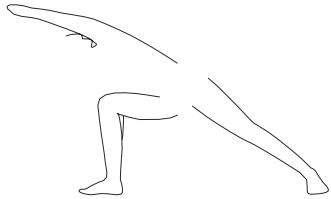
1 Urdhva Hastasana
2 x



2 Utkatasana
3 x



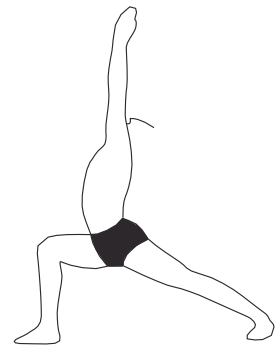
3 Utthita Trikonasana
2 x each side



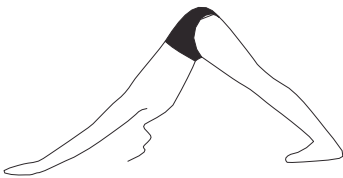
4 Utthita Parvakonasana
2 x each side



5 Vimsana
2 x each side



6 Virabhadrasana I
2 x each side



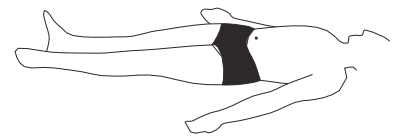
7 Adho Mukha Svanasana
2 x



8 Catuspadasana
2 x



9 Adho Mukha Virjanasana
(release the back)



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



(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.)



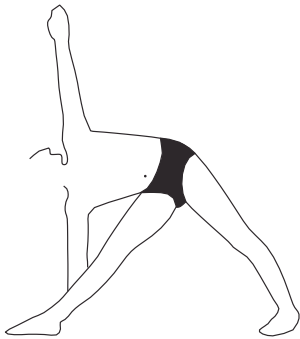
1 Sukhasana
(change cross)
1 x



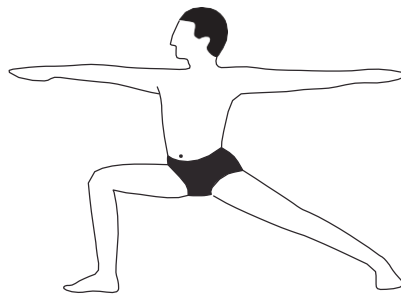
2 Sukhasana Twist
(simple cross legs, twist,
change cross, and repeat)
2 x



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



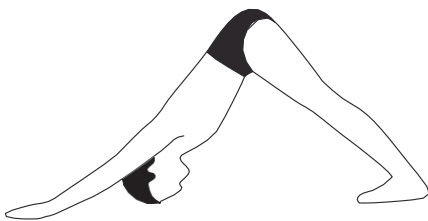
4 Utthita Trikonasana
2 x each side



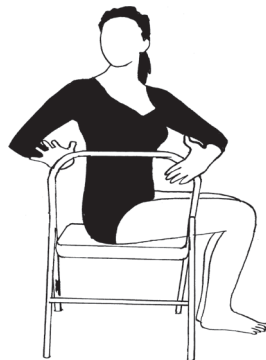
5 Virabhadrasana II
2 x



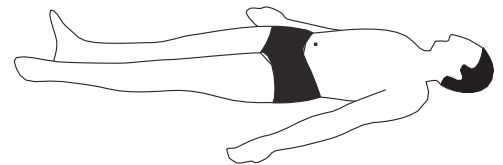
6 Ardha Chandrasana
(with or without wall)
2 x



7 Adho Mukha Svanasana
2 x



8 Bharadvajasana
(in chair)
2 x



9 Savasana
5 minutes