

IYENGAR YOGA



INSTITUTE OF NEW YORK

ASSOCIATION OF GREATER NEW YORK

150 W. 22nd Street, 11th Floor

New York, New York 10011

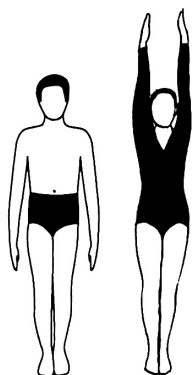
212 691 9642 www.iyengarnyc.org

HOME PRACTICE SEQUENCE

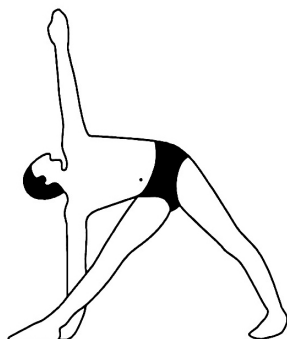
LEVEL II

Sequence 1

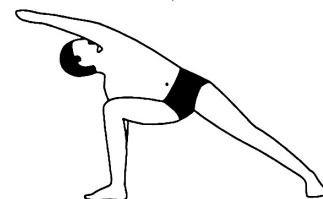
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 Tādāsana/Samasthiti
to Ūrdhva Hastāsana
2 x



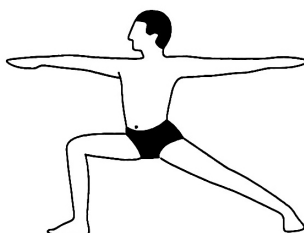
2 Utthita Trikoṇāsana
2 x



3 Utthita Pārśvakoṇāsana
2 x each side



4 Ardha Candrāsana
2 x



5 Vimānāsana
2 x each side



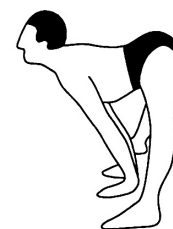
6 Parivṛtta Trikoṇāsana
2 x



7 Parivṛtta Pārśvakoṇāsana
2 x



8 Uttānāsana
1 x



9 Prasārita Pādottānāsana
1 x

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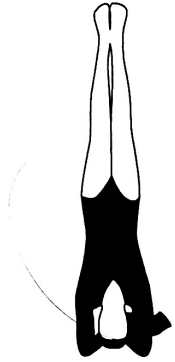
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HOME PRACTICE SEQUENCE

LEVEL II

Sequence 1 (cont)

(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.)



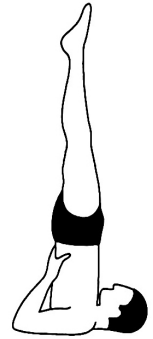
10 Sālamba Śīrṣāsana
1-5 minutes



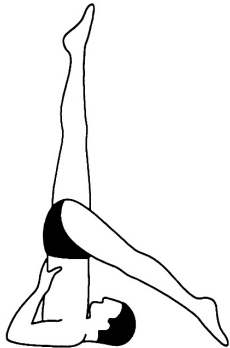
11 Adho Mukha Vīrāsana
(rest for 15 seconds)



12 Catuṣpādāsana
3 x



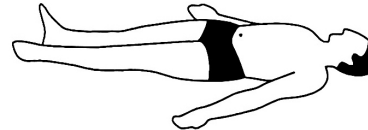
13 Sālamba Sarvāṅgāsana
3-8 minutes



14 Eka Pāda Sarvāṅgāsana
2 x



15 Pārśva Halāsana
2 x



16 Śavāsana
5-10 minutes