



IYENGAR YOGA (UK)

**Geeta S. Iyengar's
PRACTICE SEQUENCE
For International Day of Yoga, 21 June**

Tadasana	Virasana - Parvatasana
Namaskarasana	Swastikasana - Parvatasana
Urdhva Hastasana	Parsva Dandasana
Uttanasana	Bharadvajasana I
Adho Mukha Svanasana	Marichyasana III
Urdhva Mukha Svanasana	Urdhva Mukha Svanasana
Uttanasana	Dhanurasana
Tadasana	Ustrasana
Utthita Trikonasana	Adho Mukha Svanasana
Utthita Parsvakonasana	Sirsasana
Virabhadrasana I	Sarvangasana
Parivrtta Trikonasana	Halasana
Parsvottanasana	Chatushpadasana
Prasarita Padottanasana	Setu Bandha Sarvangasana
Dandasana	Savasana
Janu Sirsasana	Sit in dhyana (meditation)
Adho Mukha Upavishtakonasana	

We have to get sthirata and sukhata in the asanas so, if needed and depending upon our health status – we may of course use props.

www.iyengaryoga.org.uk