

IYNAUS Members Sequence Number 3

Taken from Geeta Iyengar's Preliminary Course

Standing Asanas: Utthistha Sthiti



1. Samasthiti



2. Urdhva
Baddhanguliyasana



3. Utthita
Trikonasana



4. Virabhadrasana II



5. Utthita
Parsvakonasana



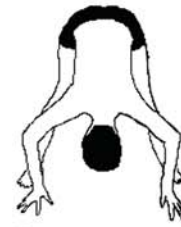
6. Virabhadrasana I



7. Virabhadrasana III



8a. Uttanasana
(feet apart)



8a. Uttanasana
(feet apart)



8b. Uttanasana
(feet together)



9. Parsvottanasana
(head down) - REST



10. Prasarita
Padottanasana

Sitting Asanas: Upavista Sthiti



11. Upavista
Konasana



12. Svastikasana



13. Parvatasana
in Svastikasana



14. Virasana



15a. Gomukhasana
(leg only) - 2 weeks



15b. Gomukhasana



16. Dandasana



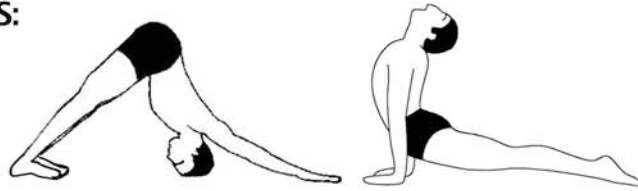
17. Bharadvajasana I

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STANDING ASANAS:

Utthistha Sthiti

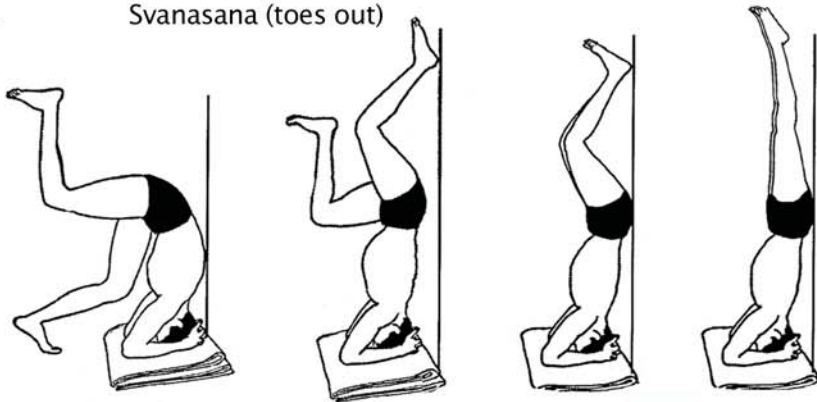


18. Adho Mukha Svanasana

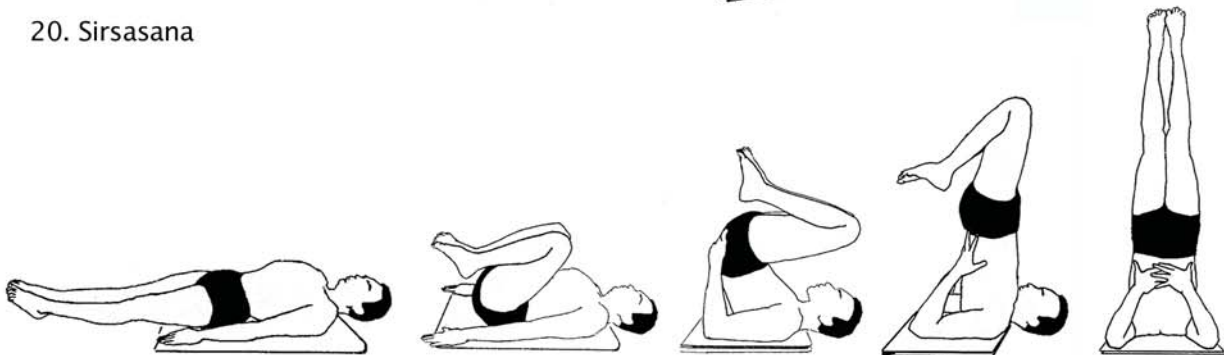
19. Urvha Mukha Svanasana (toes out)

INVERSION SEQUENCE:

Viparita Sthiti



20. Sirsasana



21. Salamba Sarvangasana



22. Supta Konasana



23. Halasana



24. Karnapidasana

FORWARD EXTENSIONS:

Paschima Pratana Sthiti



25. Janu Sirsasana (a)



26. Janu Sirsasana (b)



27. Paschimottanasana



28. Savasana

RESTORATIVE Asana:

Visranta Karaka Asana