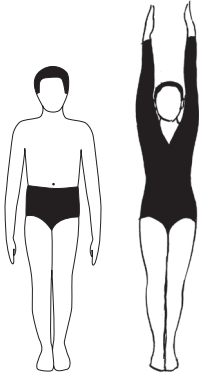
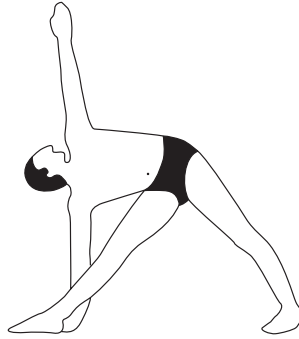




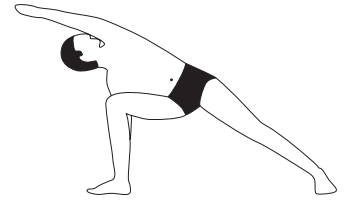
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 *Tāḍāsana/Samasthiti*
to *Ūrdhva Hastāsana*
2 x



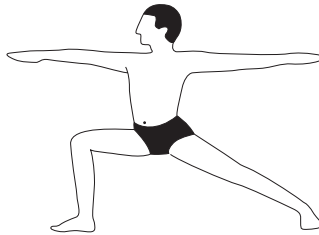
2 *Utthita Trikoṅāsana*
2 x



3 *Utthita Pāṛṣvakoṅāsana*
2 x each side



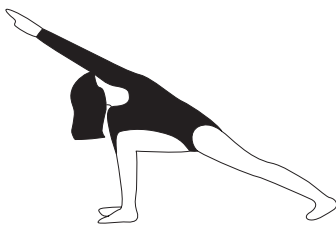
4 *Ardha Candrāsana*
2 x



5 *Vimānāsana*
2 x each side



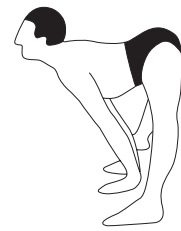
6 *Parivṛtta Trikoṅāsana*
2 x



7 *Parivṛtta Pāṛṣvakoṅāsana*
2 x



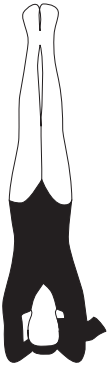
8 *Uttānāsana*
1 x



9 *Prasārita Pādottānāsana*
1 x



(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.)



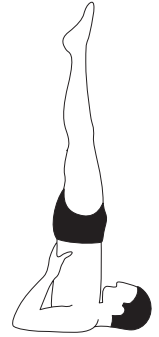
10 *Sālamba Śīrṣāsana*
1-5 minutes



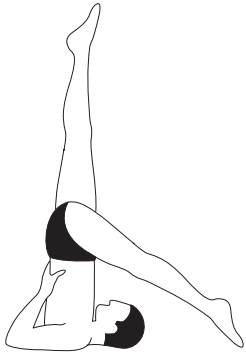
11 *Adho Mukha Vīrāsana*
(rest for 15 seconds)



12 *Catuṣpādāsana*
3 x



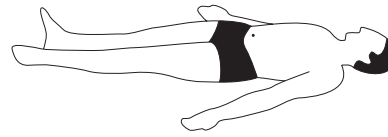
13 *Sālamba Sarvāṅgāsana*
3-8 minutes



14 *Eka Pāda Sarvāṅgāsana*
2 x



15 *Pārśva Halāsana*
2 x



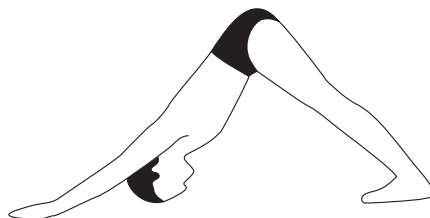
16 *Śavāsana*
5-10 minutes



(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.)



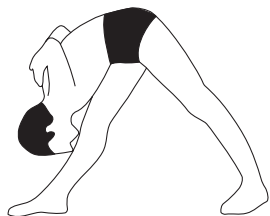
1 *Adho Mukha Vīrāsana*
30 secs. to 1 min.



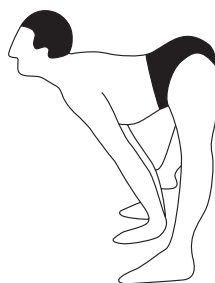
2 *Adho Mukha Śvānāsana*
1-3 minutes



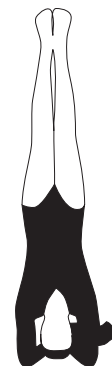
3 *Uttānāsana*
1-3 minutes



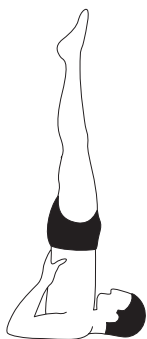
4 *Pāṛśvottānāsana*
2 x



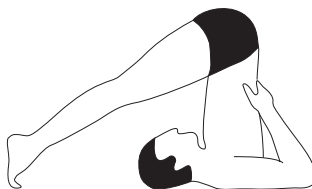
5 *Prasārita Pādottānāsana*
1 x



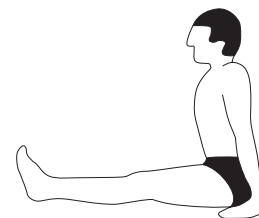
6 *Sālamba Śīrṣāsana*
(optional)
1-5 minutes



7 *Sālamba Sarvāṅgāsana*
3-8 minutes



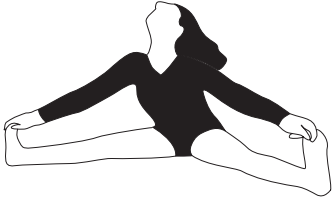
8 *Halāsana*
1-3 minutes



9 *Daṇḍāsana*
1-3 minutes



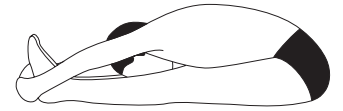
(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



10 *Upaviṣṭa Koṅāsana*
1-3 minutes



11 *Pārśva Upaviṣṭa Koṅāsana*
(upright twist)
1 minute



12 *Paścimottānāsana*
1-3 minutes



13 *Baddha Koṅāsana*
1-3 minutes



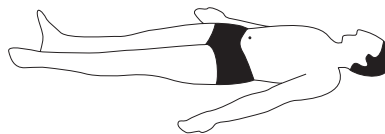
14 *Jānu Śīrṣāsana*
2 x



15 *Pavanmuktāsana*
1 x



16 *Catuṣpādāsana*
2 x



17 *Śavāsana*
(with support under knees)

IYENGAR YOGA



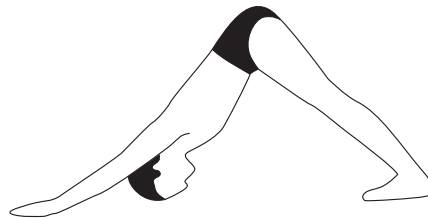
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ASSOCIATION OF GREATER NEW YORK
150 W. 22nd Street, 11th Floor
New York, New York 10011
212 691 9642 www.iyengarnyc.org

HOME PRACTICE SEQUENCE LEVEL II Sequence 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 *Adho Mukha Virāsana*
30 secs. to 1 min.



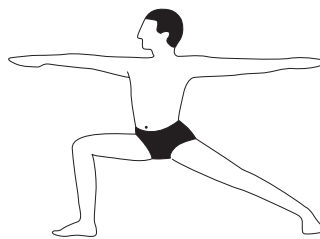
2 *Adho Mukha Śvānāsana*
1-3 minutes



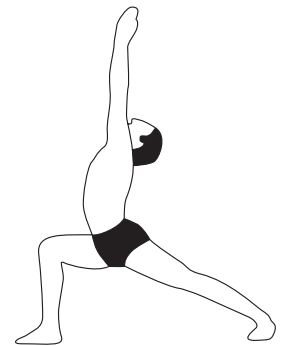
3 *Ūrdhva Hastāsana*
2 x



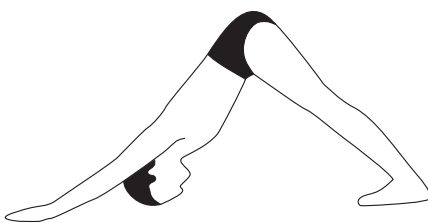
4 *Ūrdhva Baddhāṅguliyāsana*
2 x



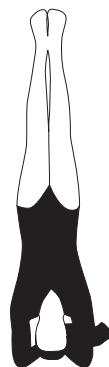
5 *Vīrabhadrāsana II*
2 x



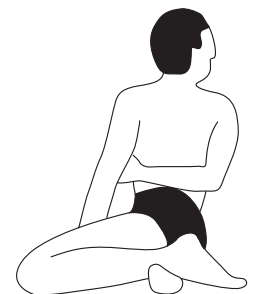
6 *Vīrabhadrāsana I*
2 x



7 *Adho Mukha Śvānāsana*
1 minute



8 *Sālamba Śīrāsana*
3-5 minutes



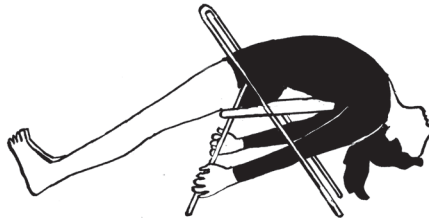
9 *Bharadvājāsana*
4 x



(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.)



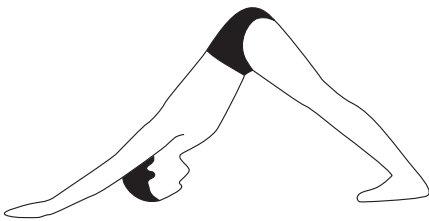
10 *Urdhva Mukha Śvānāsana*
(on chair)
6 x



11 *Dvi Pāda Viparīta Daṇḍāsana*
(on chair)
2 x



12 *Uṣṭrāsana*
3 x



13 *Adho Mukha Śvānāsana*
(hands to wall)
1 minute



14 *Uttānāsana*
(resting)
1 minute



15 *Pārśva Uttānāsana*
3 x



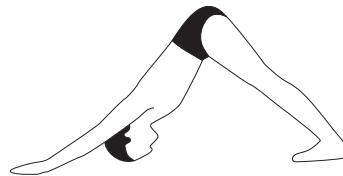
16 *Ardha Halāsana*
(legs resting on chair)
3-5 minutes



(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.)



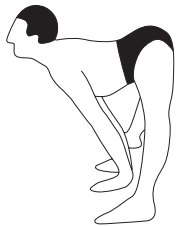
1 *Adho Mukha Vīrāsana*
(head supported/resting)
1-3 minutes



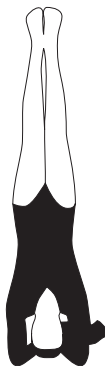
2 *Adho Mukha Śvānāsana*
(head supported/resting)
1-3 minutes



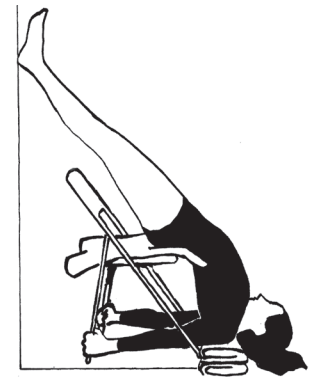
3 *Uttānāsana*
1 x



4 *Prasārita Pādottānāsana*
(head supported on floor or block)
1-3 minutes



5 *Sālamba Śīrṣāsana*
1-5 minutes



6 *Chair Sarvāṅgāsana or Setu Bandha* (over bolster)
1-3 minutes



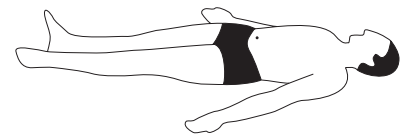
7 *Supta Baddha Koṅāsana*
(supported)
5-8 minutes



8 *Supta Vīrāsana*
(supported)
5-8 minutes or as long as comfortable



9 *Paścimottānāsana*
(head supported)
1-3 minutes



10 *Śavāsana*
5-10 minutes or as time permits