

Sequences - LEVEL I

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Sequence 1 - LEVEL I



1. ADHO MUKHA VIRASANA



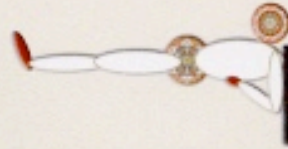
2. ADHO MUKHA SVANASANA



5. TRIKONASANA



6. VIRABHADRASANA II



9. SARVANGASANA



10. HALASANA



3. URDHVA HASTASANA



7. ARDHA CHANDRASANA



4. UTKATASANA



8. UTTANASANA



11. PASCHIMOTTANASANA



12. SAVASANA

Sequence 2 - LEVEL I



1. TADASANA



2. VRKSHASANA



3. TRIKONASANA



4. PARSVAKONASANA



5. PARSVOTTANASANA
(CONCAVE BACK)



6. ADHO MUKHA SVANASANA



8. PARVATASANA IN VIRASANA



7. VIRASANA



9. DANDASANA



10. TRIANGA MUKHAIKAPADA
PASCHIMOTTANASANA



11. SETUBANDHA SARVANGASANA



12. SUPTA BADDHA KONASANA

Sequence 3 - LEVEL I



1. ADHO MUKHA VIRASANA



2. ADHO MUKHA SVANASANA



3. UTTANASANA



4. URDHVA HASTASANA



7. PARIGHASANA



8. PARSVOTTANASANA



9. PRASARITA PADOTTANASANA I



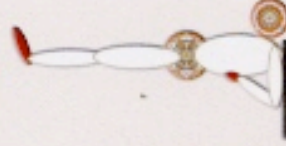
10. PADA HASTASANA



13. BHARADVJASANA I



14. MALASANA (GRIP MAT)



15. SARVANGASANA



16. HALASANA



5. TRIKONASANA



6. PARSVAKONASANA



11. DANDASANA



12. MARICHYASANA I (AS A TWIST)



17. SUPTA BADDHA KONASANA



18. SAVASANA