1. Ṭāḍāsana/Samasthiti to Ěrdhva Hastāsana
3 x

2. Ṭāḍāsana/Samasthiti to Ěrdhva Baddhānguliyāsana
(change interlock)
2 x

3. Vṛkṣāsana
2 x each side

4. Utthita Trikoṇāsana
2 x each side

5. Utthita Pārśvakoṇāsana
2 x each side

6. Pārśvottānāsana
(hands on hips; concave back)
2 x each side

7. Prasārita Pādottānāsana
(hands on floor, arms straight; concave back)
2 x

8. Adho Mukha Śvānāsana
2 x

9. Ěrdhva Prasārita Pādāsana
(resting version: legs up wall, back flat on floor)
stay quietly for 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.)
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HOME PRACTICE SEQUENCE
LEVEL I
Sequence 2
(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 Utthita Trikonāsana
2 x each side

2 Vīrabhadrasana II
2 x each side

3 Ardha Uttānāsana
(half Uttānāsana; hands on wall at shoulder height; concave back)
1 x

4 Pārvottānāsana
(concave back; hands on chair or blocks)
2 x

5 Prāsrīta Pādottānāsana
(hands on floor, arms straight; concave back)
2 x

6 Sukhāsana
(simple cross legs; switch cross and twist to each side)
2 x

7 Baddha Koṇāsana
(back supported against wall or couch)
sit on support for several mintues

8 Vajrāsana (Ūrdhva Hasta & Parvatāsana in Vajrāsana) sit with blanket between calves and thighs

9 Adho Mukha Vīrāsana
(knees apart; relax forward; then arms forward)
2 x

10 Pavanmuktāsana

11 Adho Mukho Śvānāsana
2 x

12 Supta Baddha Koṇāsana
(with support under legs, back, and head)
HOME PRACTICE SEQUENCE
LEVEL I
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. Urdhva Hastāsana
   2 x

2. Utkatāsana
   3 x

3. Utthita Trikoṇāsana
   2 x each side

4. Utthita Paśvakoṇāsana
   2 x each side

5. Vīmānāsana
   2 x each side

6. Vīrabhadrāsana I
   2 x each side

7. Adho Mukha Śvānāsana
   2 x

8. Catuṣpādāsana
   2 x

9. Adho Mukha Vīrāsana
   (release the back)

10. Savāsana
    (legs resting on chair or support; 5 minutes)
Homework Practice Sequence

Level I

Sequence 4

(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. **Sukhasana**
   - (change cross)
   - 1 x

2. **Sukhasana Twist**
   - (simple cross legs, twist, change cross, and repeat)
   - 2 x

3. **Adho Mukha Virasana**
   - (extend arms forward then change cross)

4. **Utthita Trikonasana**
   - 2 x each side

5. **Virabhadrasana II**
   - 2 x

6. **Ardha Chandrasana**
   - (with or without wall)
   - 2 x

7. **Adho Mukha Svanasana**
   - 2 x

8. **Bharadvajasana**
   - (in chair)
   - 2 x

9. **Savasana**
   - 5 minutes