

This is a sequence from a women's class taught by Geeta Iyengar on July 3, 2013, at the Ramamani Iyengar Memorial Yoga Institute in Pune, India.

This sequence is offered by Gloria Goldberg, CIYT Advanced Junior 2, Director of the BKS Iyengar Yoga Institute of La Mesa.

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Pictured in Parivrtta Janu Sirsasana is Lauren Rezende, a student at IYILM.

### **Adho Mukha Virasana**

**Adho Mukha Svanasana** - heels up to get movement in the thighs, especially top thighs back

### **Uttanasana**

**Repeat Adho Mukha Svanasana**

In all the above and those yet to come, compare the different sides of the body - ribs, legs, arms to see where the openings are and where they need to come.

**Parvatasana in Swastikasana** 2X each side, so each hand position is done with each leg crossing. Emphasis on opening the armpit chest. Dandasana between sides, and between each side and each asana of all forward extensions to come.

**Parvatasana in Virasana**-same emphasis as above

**Dandasana to Pascimottanasana** - elbows up and out to side (extend from armpit to elbows) to open the armpit chest and take it forward.

This is to be followed throughout the forward extensions.

### **Janu Sirsasana**

### **Pascimottanasana**

### **TriangMukhaikapada Pascimottanasana**

**Krounchasana**-chest up, thigh and chest toward each other, bend elbows out to side.

### **Pascimottanasana**

### **Urdhva Mukha Pascimottanasana I**

### **Pascimottanasana**

### **Urdhva Mukha Pascimottanasana II**

### **Pascimottanasana**

### **Baddha Konasana**

**Upavistha Konasana** (upright)

**Parsva Upavistha Konasana** -

right side, center, left side, center

**Parivrtta Upavistha Konasana** right side, center, left side  
**Janu Sirsasana**  
**Parivrtta Janu Sirsasana**  
**Pascimottanasana**  
**Parivrtta Pascimottanasana**

The following asanas are done **with Paryankasana backward extending action** with focus on taking in dorsal ribs just below shoulder blades.

**Swastikasana** (change leg position and repeat)  
**Paryankasana**  
**Ardha Padmasana** (change leg position and repeat)  
**Kamalasana or Padmasana** (change leg position)

**Sirsasana** - “you have to take those ribs in in order to open the anahata chakra, to get the opening and freedom there.” Lift the sternum toward the abdomen.

**Chatush Padasana**

**Salamba Sarvangasana** - for a long time. “Buttocks up.”

**Savasana**