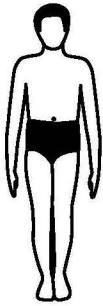


IYENGAR YOGA Sequence for Beginners*

Uttistha Sthiti

Samasthiti :
Mountain Pose



Urdhva Hastasana :
Upward Hands



Urdhva
Baddhanguliyasana :
Upward Bound
Fingers Pose



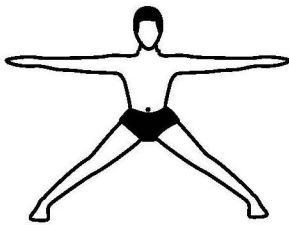
Namaskarasana :
Samasthiti,
hands in
Namaskar



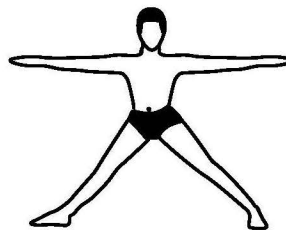
Urdhva
Namaskarasana :
Upward
Namaskar



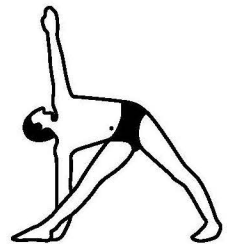
Utthita Hasta Padasana :
Extended Arms and Legs Pose



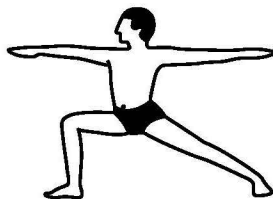
Parsva Hasta Padasana :
One leg and foot turned out



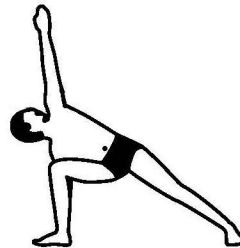
Utthita Trikonasana :
Extended Triangle Pose



Virabhadrasana II:
Warrior Pose No. 2



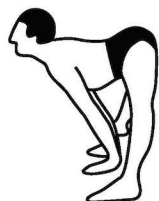
Utthita Parsvakonasana :
Extended Side Angle Pose



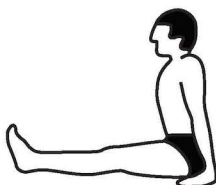
Parsvottanasana:
Intense Side Pose



Prasarita Padottanasana :
Wide Apart Feet Intense
Stretch Pose



Upavistha Sthiti
Dandasana :
Staff Pose



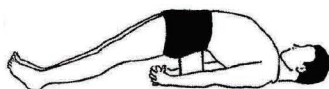
Urdhva Hasta
Dandasana :
Upward Hands
in Dandasana



Padangustha Dandasana :
Holding Big Toes in Dandansana



Viparita Sthiti
Setu Bandha
Sarvangasana :
Bridge Pose



Visranta Karaka Sthiti
Savasana :
Corpse Pose



*From: *Basic Guidelines for Teachers of Yoga* by B.K.S. Iyengar & Geeta Iyengar
(with thanks to Chris Saudek for use of the drawings)