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)