

Practice Sequence Week 1

The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S Iyengar.

1. Supta sukhasana
(simple cross leg over a
bolster, blanket for
head)



5. Urdhva
Baddhanguliyasana
standing in Tadasana



9. Trikonasana



13. Ardha
Chandrasana x 2



17. Prasarita
Padottansana (ii) head
down



21. Upavista Konasana
- belt to feet

2. Adho Mukha Virasana
(knees apart, big toes
touching, extend trunk
and arms forward)



6. half Adho Mukha
Svanasana (dog pose) -
hands to wall



10. Parsvakonasana



14. Uttanasana – feet
apart, (i) concave spine
(ii) fold head down



18. Tadasana – feet
together



22. Swastikasana - hands
in Parvartasana



3. Tadasana – feet hip
distance apart



7. Adho Mukha
Svanasana – full pose



11. Virabhadrasana II



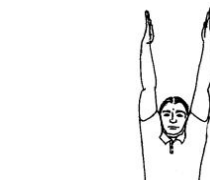
15. Uttanasana – feet
together (i) concave
spine (ii) fold head down



19. Upavista Konasana –
sit on folded blanket,
hands behind



23. Virasana



4. Urdhva Hastasana x 2



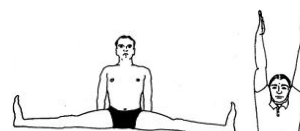
8. Tadasana



12. Uttanasana resting



16. Prasarita
Padottansana (i) concave
spine



20. Upavista Konasana
hands in Urdhva
Hastasana



24. Dandasana



25. Urdhva Hasta Dandasana



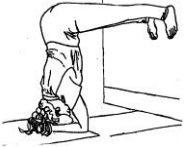
26. Gomukhasana – legs only



27. Dandasana



28. Adho Mukha Svanasana – full pose



29. Sirsasana preparation – **Level 1** students do full headstand against wall

30. Full arm balance preparation – hands to floor, step half way up wall



31. Uttanasana resting



32. Halasana – **Level 1** students do full Sarvangasana in middle of room



33. Eka Pada Sarvangasana



34. Sarvangasana



35. Eka Pada Sarvangasana



36. Halasana – feet to chair or floor



37. Urdhva Prasarita Padasana - hands to floor over head x 2 - 30 secs each



38. Savasana (5 – 10 minutes)



Practice Sequence Week 2

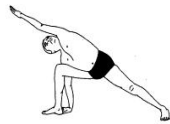
The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S Iyengar.

1. Supta sukhasana
(simple cross leg over a
bolster, blanket for head)

2. Virasana forward
(knees apart, big toes
touching, extend trunk
and arms forward)

3. Adho Mukha
Svanasana (dog pose)
hands to floor

4. Tadasana



5. Utthita Trikonasana

6. Parsvakonasana

7. Virabhadrasana I

8. Virabhadrasana II

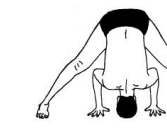


9. Parvritta Trikonasana

10. Uttanasana resting

11. Vimanasana

12. Parsvottanasana

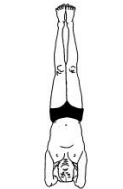


13. Prasrita
Padottansana (i) concave
spine

14. Prasrita
Padottansana (ii) head
down

15. Adho Mukha
Svanasana (dog pose)

16. Urdhva Mukha
Svanasana (i) no bricks (ii)
with bricks (iii) bricks,
hands turned out



17. Chaturanga
Dandasana (i) no bricks (ii)
with bricks

18. Supta Baddha
Konasana – belt around
feet and buttocks, blanket
for head, arms to side
resting on floor

19. Sirsasana against wall
2 mins **Beginners do**
Sirsasana preparation No.
20

20. Sirsasana preparation
x 4



21. Sarvangasana – use
chair for feet if
required **Beginners do**
to wall if required

22. Eka Pada
Sarvangasana

23. Halasana – feet to
floor or chair

24. Savasana (5 – 10
minutes)



Practice Sequence Week 3

The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S Iyengar.

1. Supta sukhasana
(simple cross leg over a
bolster, blanket for
head)

2. Virasana forward
(knees apart, big toes
touching, extend trunk
and arms forward)



3. Tadasana - feet hip
distance apart



4. Urdhva Hastasana



5. Urdhva
Baddhanguliyasana
standing in Tadasana



6. Tadasana



7. Trikonasana



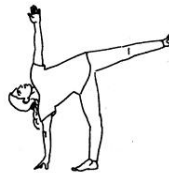
8. Parsvakonasana



9. Virabhadrasana I



10. Virabhadrasana II



11. Ardha Chandrasana



12. Uttanasana resting



13. Parsvottanasana



14. Prasarita
Padottansana (i)
concave spine



15. Prasarita
Padottansana (ii) head
down



16. Vrksasana



17. Padangusthasana
(i) concave spine



18. Padangusthasana
(ii) head down



19. **Level 1** do Supta
Virasana if practiced
Beginners do Supta
Baddha Konasana No. 20



20. Supta Baddha
Konasana – belt around
feet and buttocks, blanket
for head, arms to side
resting on floor



21. Adho Mukha
Virasana - knees apart,
big toes touching,
extend trunk and arms
forward to floor



22. Uttanasana



23. Dandasana



24. Urdhva Hasta
Dandasana



25. Dandasana – belt around feet



26. Swastikasana - hands in Gomukasana



27. Dandasana – belt around feet



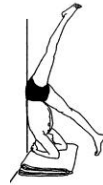
28. Paschimottasana – (i) take hold of big toes



29. Paschimottasana – (ii) fold the trunk down



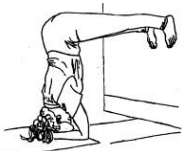
30. Sirsasana preparation



31. **Level 1** do Sirsasana preparation – Eka Pada (i) Right leg up, (ii) Left leg up **Beginners** do Sirsasana preparation No. 33



32. **Level 1** do Sirsasana against wall 2 mins **Beginners** do Sirsasana preparation No. 33



33. Sirsasana preparation x 4



34. Adho Mukha Virasana - knees apart, big toes touching, extend trunk and arms forward - resting



35. Sarvangasana – use chair for feet if required **Beginners do to wall if required**



36. Eka Pada Sarvangasana



37. Parsvaikapada Sarvangasana – **Beginners** repeat No. 36



38. Halasana – feet to chair or floor



39. Savasana (5 – 10 minutes)



Practice Sequence Week 4

The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S Iyengar.

1. Supta sukhasana
(simple cross leg over a
bolster, blanket for head)

2. Adho Mukha
Virasana knees apart, big
toes touching, extend
trunk and arms forward



3. Tadasana - feet hip
distance apart

4. Urdhva Hastasana



5. Tadasana

6. Trikonasana

7. Virabhadrasana II

8. Vimanasana



9. Ardha Chandrasana -
hand on waist x 2

10. Uttanasana resting

11. Parvritta Trikonasana

12. Padangusthasana (i)
concave spine



13. Padangusthasana (ii)
head down

14. Virasana

15. Virasana – hands in
parvartasana

16. Adho Mukha Virasana
- knees apart, big toes
touching, extend trunk and
arms forward

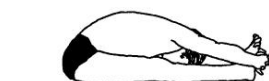


17. Adho Mukha
Svanasana from
Uttanasana

18. Adho Mukha
Svanasana from floor

19. Dandasana

20. Urdhva Hasta
Dandasana



21. Dandasana – belt
around feet

22. Paschimottasana – (i)
take hold of big toes

23. Paschimottasana – (ii)
fold the trunk down

24. Baddha Konasana



25. Janu Sirsasana



26. Baddha Konasana



27. Janu Sirsasana –
Urdhva Hastasana



28. Baddha Konasana



29. Janu Sirsasana – belt
around foot, concave spine



30. Sirsasana preparation x
2



31. Sarvangasana – feet
to chair or floor as required

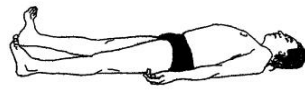
**Beginners do to wall if
required**



32. Eka Pada
Sarvangasana



33. Halasana – feet to floor
or chair



34. Savasana (5 – 10
minutes)



Practice Sequence Week 5

The original source of the illustrations used for the following sequence is *Yoga in Action for Beginners* by Geeta S lyengar.

1. Supta sukhasana (simple cross leg over a bolster, blanket for head)

2. Virasana forward (knees apart, big toes touching, extend trunk and arms forward)



3. Uttansana – feet apart, hold ankles

4. Adho Mukha Svanasana (dog pose) hands to floor

5. Half full arm balance – hands on floor, step feet half way up wall



7. Full arm balance – hands down on floor – kick up to wall
Beginners repeat No. 5



6. Uttansana resting

8. Uttansana resting



9. Tadasana



10. Trikonasana



11. Parsvakonasana



12. Virabhadrasana I



13. Virabhadrasana II



14. Uttansana resting



15. Virabhadrasana III –
Beginners repeat No. 12



16. Padangusthasana (i) concave spine



17. Padangusthasana (ii) head down



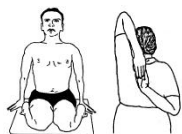
18. Parsvottanasana



19. Virasana



20. Virasana hands in Parvatasana



21. Virasana – Hands in Gomukhasana



22. Dandasana – belt around feet



23. Adho Mukha Svanasana



24. Urdhva Mukha Svanasana



25. Chaturanga Dandasana x 2



26. Baddha Konasana



27. Upavista Konasana – sit on folded diagonal blanket



28. Upavista Konasana – extend hands to front, chest forward



29. Upavista Konasana
– hold big toes or
use 2 belts



30. Supta Baddha Konasana
– belt around buttocks
and feet



31. Baradvajasana



32. **Level 1** do Sirsasana
against wall 2 mins
Beginners do
Sirsasana preparation
No. 35

33. Eka Pada Sirsasana
– R leg half way
down, L left half
way down

34. Baddha Konasana in
Sirsasana – bring soles of
feet together, knees to
side



35. Sirsasana preparation x
4



36. Sarvangasana – feet
to chair or floor as
required

**Beginners do to wall if
required**



37. Eka Pada
Sarvangasana



38. Parsvaikapada
Sarvangasana



39. Halasana – feet to
chair or floor



40. Karna pidasana –
feet to floor or hook
tops of feet on chair



41. Supta Konasana –
**only if feet reach
floor**



42. Halasana – feet to chair
or floor



43. Savasana (5 – 10
minutes)

