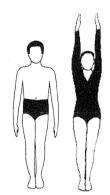
## IYENGAR YOGA INSTITUTE OF NEW YORK ASSOCIATION OF GREATER NEW YORK

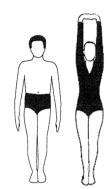
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## Home Practice Sequence level 1 sequence 1

(Whenever the time is not given, the pose should be done according to one's capacity and tome at one's disposal. Repititions are recommended over timings to avoid strain.)



Tadasana/ Samasthiti to Urdhva Hastasana
 3x



2 Tadasana/ Samasthitito Urdhva Baddanguliyasana(change interlock)2x



3 Vrksasana 2 x each side



4 Utthita Trikonasana 2 x each side



5 Utthita Parsvakonasana 2 x each side



Parsvottanasana
(hands on hips; concave back)
2 x each side



7 Prasarita Padottanasana
 (hands on floor; arms straight;
 concave back)
 2 x



8 Adho Mukha Svanasana 2 x



9 Urdhva Prasarita Padasana (resting version: legs up wall, back on floor) stay quietly for 5 minutes