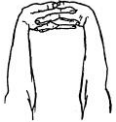


# Practice Sequence Week 1

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)



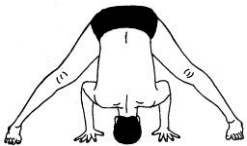
5. Urdhva  
Baddhanguliyasana  
standing in Tadasana



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)



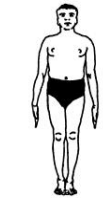
6. half Adho Mukha  
Svanasana (dog pose) -  
hands to wall



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



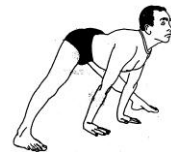
4. Urdhva Hastasana x 2



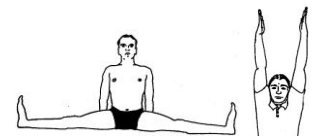
8. Tadasana



12. Uttanasana resting



16. Prasarita  
Padottansana (i) concave  
spine



20. Upavista Konasana  
hands in Urdhva  
Hastasana



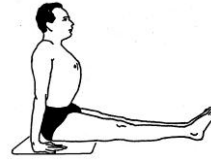
24. Dandasana



25. Urdhva Hasta Dandasana



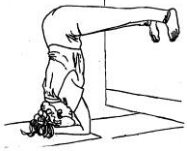
26. Gomukhasana – legs only



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



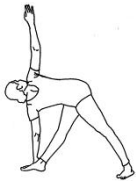
6. Parsvakonasana



7. Virabhadrasana I



8. Virabhadrasana II



9. Parvritta Trikonasana



10. Uttanasana resting



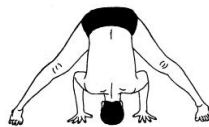
11. Vimanasana



12. Parsvottanasana



13. Prasarita  
Padottansana (i) concave  
spine



14. Prasarita  
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



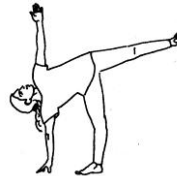
8. Parsvakonasana



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. Vrkasana



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



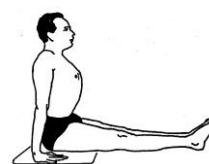
20. Supta Baddha  
Konasana – belt around  
feet and buttocks, blanket  
for head, arms to side  
resting on floor



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



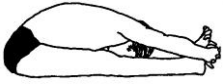
26. Swastikasana - hands in Gomukasana



27. Dandasana – belt around feet



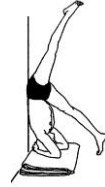
28. Paschimottasana – (i) take hold of big toes



29. Paschimottasana – (ii) fold the trunk down



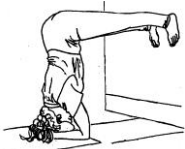
30. Sirsasana preparation



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 – (i)  
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



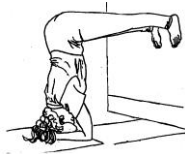
27. Janu Sirsasana –  
Urdhva Hastasana



28. Baddha Konasana



29. Janu Sirsasana – belt  
around foot, concave spine



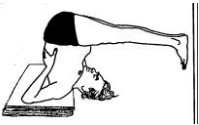
30. Sirsasana preparation x  
2



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 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. 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



6. Uttansana resting

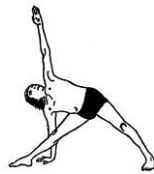
7. Full arm balance – hands down on floor – kick up to wall  
**Beginners repeat No. 5**



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



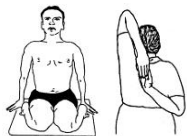
18. Parsvottanasana



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

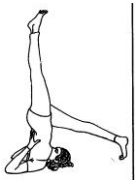


35. Sirsasana preparation x  
4



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)