



Iyengar Yoga ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE DE Yoga Iyengar

Geeta S. Iyengar's  
PRACTICE SEQUENCE  
For International Day of Yoga, 21 June

Tadasana

Namaskarasana

Urdhva Hastasana

Uttanasana

Adho Mukha Svanasana

Urdhva Mukha Svanasana

Uttanasana

Tadasana

Utthita Trikonasana

Utthita Parsvakonasana

Virabhadrasana I

Parivrtta Trikonasana

Parsvottanasana

Prasarita Padottanasana

Dandasana

Janu Sirsasana

Adho Mukha Upavishtakonasana

Virasana - Parvatasana

Swastikasana-Parvatasana

Parsva Dandasana

Bharadvajasana I

Marichyasana III

Urdhva Mukha Svanasana

Dhanurasana

Ustrasana

Adho Mukha Svanasana

Sirsasana

Sarvangasana

Halasana

Chatushpadasana

Setu Bandha Sarvangasana

Savasana

Sit in dhyana (meditation)