

# IYNAUS Members Sequence Number 3

Taken from Geeta Iyengar's Preliminary Course

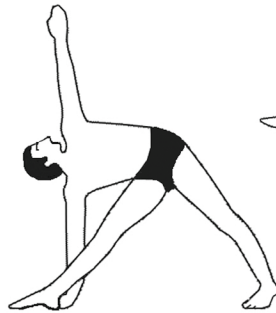
## Standing Asanas: Utthistha Sthiti



1. Samasthiti



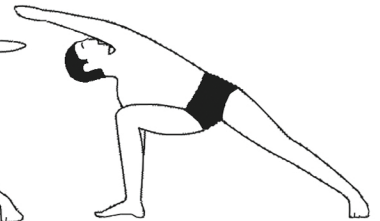
2. Urdhva  
Baddhanguliyasana



3. Utthita  
Trikonasana



4. Virabhadrasana II



5. Utthita  
Parsvakonasana



6. Virabhadrasana I



7. Virabhadrasana III



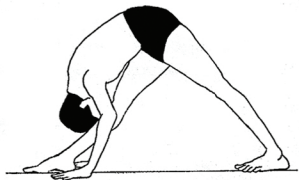
8a. Uttanasana  
(feet apart)



8a. Uttanasana  
(feet apart)



8b. Uttanasana  
(feet together)



9. Parsvottanasana  
(head down) – REST



10. Prasarita  
Padottanasana

## Sitting Asanas: Upavista Sthiti



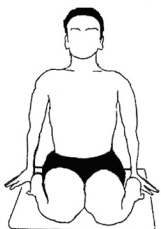
11. Upavista  
Konasana



12. Svastikasana



13. Parvatasana  
in Svastikasana



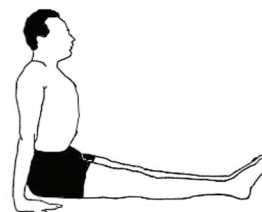
14. Virasana



15a. Gomukhasana  
(leg only) – 2 weeks



15b. Gomukhasana



16. Dandasana



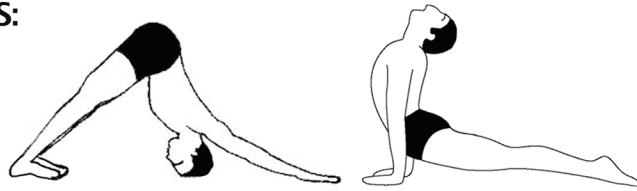
17. Bharadvajasana I

## IYNAUS Members Sequence Number 3 (continued)

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### STANDING ASANAS:

Utthistha Sthiti

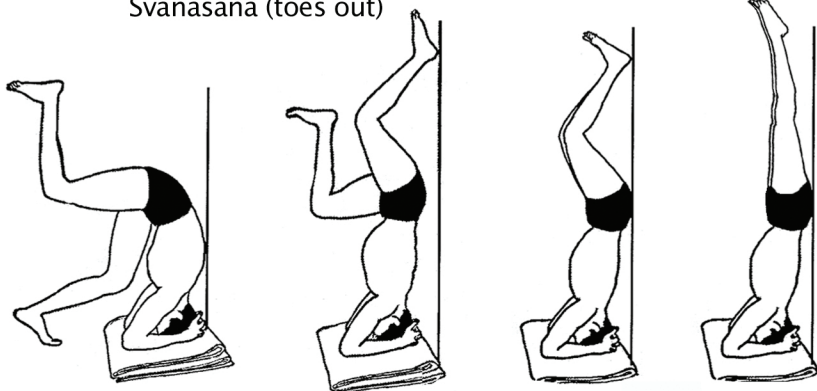


18. Adho Mukha  
Svanasana

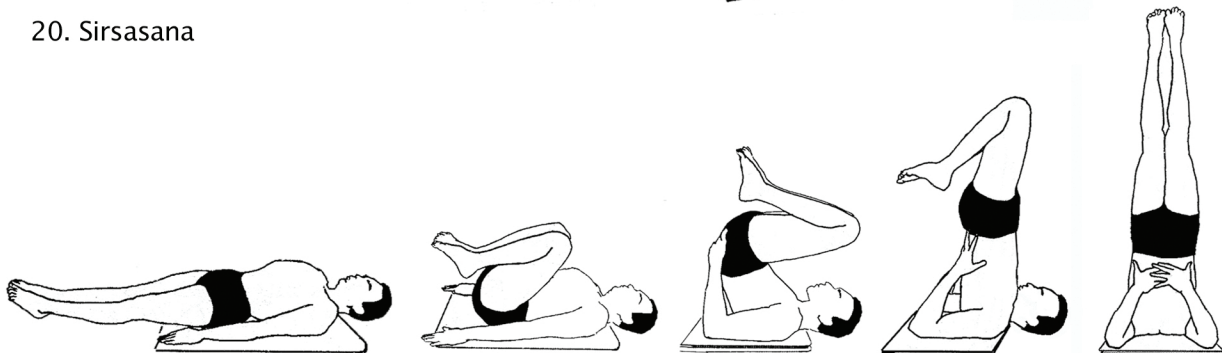
19. Urvha Mukha  
Svanasana (toes out)

### INVERSION SEQUENCE:

Viparita Sthiti



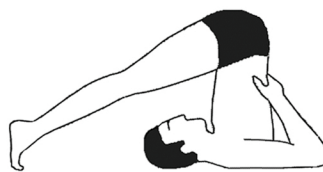
20. Sirsasana



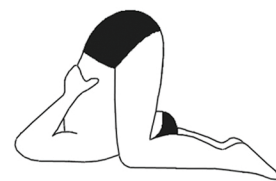
21. Salamba Sarvangasana



22. Supta Konasana



23. Halasana



24. Karnapidasana

### FORWARD EXTENSIONS:

Paschima Pratana Sthiti



25. Janu Sirsasana (a)



26. Janu Sirsasana (b)



27. Paschimottanasana



28. Savasana

### RESTORATIVE Asana:

Visranta Karaka Asana