



# SEQUENCE for Acquaintance #3 from *Basic Guidelines*

Iyengar Yoga National Association of the United States  
www.iyngaus.org

## Uttistha Sthiti

Parsvottanasana :  
Intense Stretch of the Side  
Body Pose



All stages while in Parsvottanasana:  
a) Concave Back - Standing Concave  
b) Head down  
c) Baddha Mani Bandha - Holding the wrists, head down  
d) Baddha Hasta - holding opposite elbows  
e) Paschima Namaskar (as shown left)

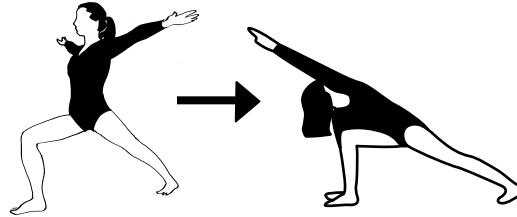
Prasarita Padottanasana :  
Wide Apart Feet Intense  
Stretch Pose



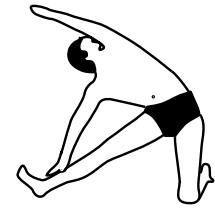
Parivrtta Trikonasana :  
Revolving Triangle Pose



Parivrtta Parsvakonasana :  
Revolving Side Angle Pose from  
Vimanasana



Parighasana :  
Gate Pose



## Parivrtta Sthiti

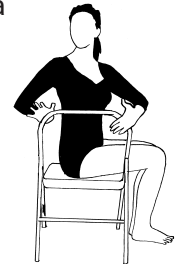
Bharadvajasana I :  
Pose dedicated to Sage  
Bharadvaja



Bharadvajasana II :  
Pose dedicated to Sage  
Bharadvaja

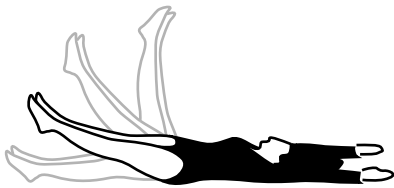


Bharadvajasana on a chair :  
Pose dedicated to Sage  
Bharadvaja



## Udara Akunchana Sthiti

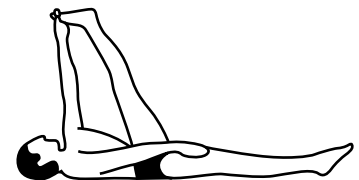
Urdhva Prasarita Padasana :  
Upward Extended Legs Pose



Paripurna Navasana :  
Full Boat Pose



Supta Padangustasana I  
(shown) & II (lateral):  
Reclining Big Toe Pose



## Visranta Karaka Sthiti

Supta Virasana :  
Supine Hero's Pose



Supta Baddha Konasana :  
Supine Bound Angle Pose



Adho Mukha Virasana :  
Downward Facing Hero's  
Pose



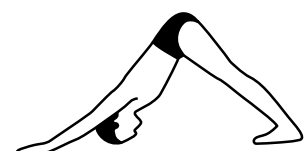
Paschimottanasana :  
Intense Stretch of the Back  
Body Pose



Uttanasana :  
Intense Stretch Pose



Adho Mukha Svanasana :  
Downward Facing Dog  
Pose





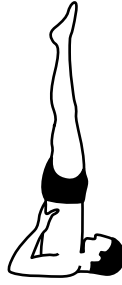
## SEQUENCE for Acquaintance #3 from *Basic Guidelines* - p.2

### Viparita Sthiti

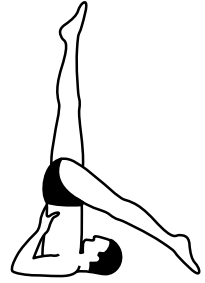
Salamba Sirsasana :  
Supported Head Stand



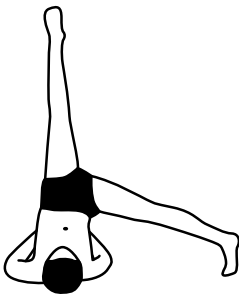
Salamba Sarvangasana :  
Supported Shoulder Stand



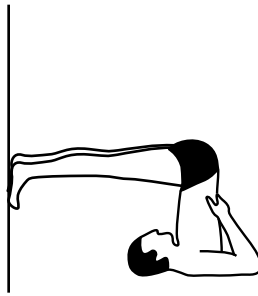
Eka Pada Sarvangasana :  
One Leg Shoulder Stand



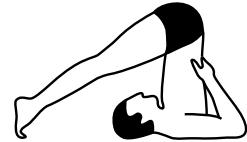
Parsvaikapada Sarvangasana :  
One Leg to the Side Shoulder  
Stand



Ardha Halasana :  
Half Plow Pose



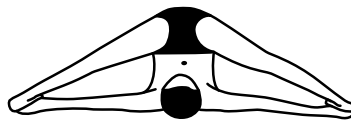
Halasana :  
Plow Pose



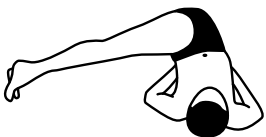
Karnapidasana :  
Ear Pressure Pose



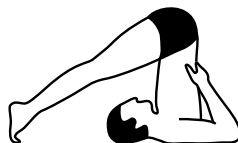
Supta Konasana :  
Reclining Angle Pose



Parsva Halasana :  
Lateral Plow Pose



Halasana :  
Plow Pose

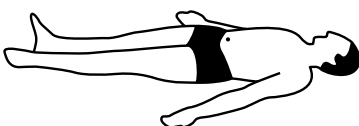


Paschimottanasana :  
Intense Stretch of the  
Back Body Pose



### Visranta Karaka Sthiti

Savasana :  
Corpse Pose



Pranayama :  
Ujjayi I & II

