Sequence created by: Sandra Pleasants, Intermediate Junior III CIYT

Sandra lives and teaches in Nelson County, VA and also teaches at Allied Yoga in Charlottesville, VA. She discovered Iyengar yoga in her late 40’s. She is now in her mid-80’s. She continues to practice, teach, and explore life. Her life experience as mother of 5 and grandmother of 8 gives her an accessibility that allows her students to feel simultaneously challenged and supported. Sandra is privileged to have studied at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) several times. Her primary teachers are Gabriella Giubilaro, Patricia Walden and John Schumacher. She served on the IYASE board as both treasurer and president and has written several asana columns for Yoga Samachar and the IYASE newsletter. Sandra has glaucoma and had bilateral hip replacements in 2009. If you have either of these conditions, please print this sequence, and locate a Certified Senior Iyengar Yoga Teacher to modify this sequence for your specific needs.

Model: Leah Bray Nichols, Introductory II CIYT. Director of Evergreen Yoga Center in Memphis, TN

Approximate Time: 1.5 – 2 Hour Home Practice

Props required: 1 sticky mat, 2 chairs or 1 chair and 1 Halasana bench, 3 blankets, 1 block, 1 belt
**Virasana**

- Hands in *Urdhva Baddhanguliyasana* – can hold a belt in hands instead for shoulder issues.
- Lift from below armpits and take arms as far back as possible.
- Rotate outer upper arms forward.
- Reach from elbow joints through wrists. Concentrate on lifting thumb side.
- Change interlace and repeat.

**Modified Gomukasana**

- Feet outside of both hips, right knee on top.
- Lift and rotate top calf muscle of top knee to snuggle knees together.
- Sit on height as necessary.
- Bring arms into *Gomukasana*, left arm lifted. As it bends, concentrate on rotating upper outer arm forward towards face and up towards ceiling.
- Down arm either holds belt or clasps fingers behind back. Priority given to rolling shoulder back and keeping inner shoulder blade drawn inward towards body.
- Staying in *Gomukasana* legs, bring arms down and go forward, reaching arms forward, take sternum forward, walk hands toward right foot.
- Left hand close to body presses into floor to lift left side as right hand walks more and more forward and to side while pressing right buttock down.
- Walk hands back to center and then to the other side, now pressing right hand into floor and extending left arm while pressing left buttock down.
- Walk hands back to center and go forward. Press hands into floor to come up.
- Change legs cross and repeat arm actions.
### Dandasana
- Put belt on soles of feet where little toe joins foot.
- Sit upright. Feel weight on center of both buttock bones.
- Hold belt with arms extended and straight.
- Extend inner heels, take backs of both knees down.
- Lift sides of waist up.
- Relax shoulder blades down and toward each other.

- Release belt. Take arms to *Urdhva Hastasana*.
- Stay on front edge of sit bones.
- Keep reaching up through fingers, take upper outer arms toward face and keep taking arms back in line with ears.
- Hold for 15 seconds.

- Take arms out to side in line with shoulders.
- Draw shoulder blades toward each other. Rotate palms toward ceiling and extend arms from armpits out through fingers.
- Bring arms into *Garudasana* with right elbow on top.
- Hold for 15 seconds.
- Reverse.

### Forearm Plank
- Hold for 1 minute. Repeat 1 time.
- Reach out through inner heels.
- Lift thighs up as buttocks descend and move toward heels.

*Many people have wrist problems so *plank* is difficult or impossible.*
### Surya Namaskar
- Tadasana → Urhdva Hastasana → Namaskar → Urhdva Hastasana → Uttanasana → Step right leg back as for Virabhadrasana I, but instead come to Virabhadrasana III → Virabhadrasana I → Adho Mukha Svanasana → Chaturanga Dandasana or Plank → Urhdva Mukha Svanasana → Adho Mukha Svanasana → Right leg forward to Virabhadrasana I → Left leg forward to Utkatasana → Uttanasana → Urhdva Hastasana in Tadasana
- Switch sides.
- Repeat 3 times each side.

### Tadasana
- When finished with Surya Namaskar, stand in Tadasana with eyes closed, observing the breath.
- Stay until breath returns to normal.
- Pay attention to weight on feet and stay balanced front to back and side to side.

### Supta Tadasana
- Block under shoulder blades at medium height.
- Head supported as necessary
- Arms extended overhead with belt on wrists.
- Press wrists out into belt to support arms and draw upper arm bones in.

### Vrksasana
- At wall with bent leg knee touching wall so balance is easier and pose can be held longer to develop strength and hip opening.
Parighasana is a preparation for Ardha Chandrasana in teaching the lengthening and opening of the upper body and torso.

- Tuck buttocks in and lengthen sides of torso while going toward straight leg.
### Ardha Chandrasana
- Do first repetition with back to wall.
- Tuck buttocks in and lengthen the sides of the torso.
- Reach out through the inner heels.
- Repeat on second side.

- Do second repetition with raised leg foot at wall.
- Repeat on second side.

### Sirsasana or Rope Sirsasana
- 5 – 8 minutes
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<tr>
<th>Yoga Pose</th>
<th>Duration</th>
<th>Instructions</th>
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<tbody>
<tr>
<td><strong>Siddhasana or Baddha Konasana (if unable to do Siddhasana)</strong></td>
<td>3 minutes</td>
<td>- If sitting in Siddhasana, change cross of legs at 1.5 minutes.</td>
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<tr>
<td><strong>Urdhva Prasarita Padasana</strong></td>
<td>90° for at least 2-3 minutes</td>
<td>- Arms overhead. Palms facing each other.</td>
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<td>- If hands don't come to the ground, take out to shoulder level, palms up.</td>
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<tr>
<td><strong>Salamba Sarvangasana (on a chair)</strong></td>
<td>8-10 minutes</td>
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<tr>
<td>Halasana</td>
<td>10 minutes</td>
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<td>(thighs supported on bench or chair)</td>
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<tr>
<th>Savasana</th>
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