



**PRACTICING IN  
YOGA SEQUENCES**

*The Heartland*  
**FOR ALL LEVELS**

From members of  
Iyengar Yoga Association  
of the Midwest, 2019



IYENGAR YOGA  
ASSOCIATION  
OF THE MIDWEST



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## PLEASE NOTE:

The yoga sequences in this book are offered as recommendations and a guide to self-practice. Please exercise discretion, and consult with a CIYT if you have specific questions or concerns regarding any of the poses or sequences.

Contraindications for certain poses include, but are not limited to:

- No inversions during menstruation.
- No arms-up poses for those with high blood pressure.
- If a pose causes pain, avoid it until you consult with a CIYT.
- If you have an injury or illness, consult with a CIYT.

May your home practice be inspiring and enlightening,  
IYAMW Sequence Book Committee



# *Basic Sequence* **FOR ALL LEVELS**

by Donna Furmanek

Outlined below is a basic sequence, which includes all the categories of postures, for a balanced sequence. It can be adapted for all levels of practitioner. Timings and repetitions can vary to create a shorter or longer sequence.

Three main points are emphasized:

- Move sacrum in and up.
- Move dorsal spine in.
- Roll outer shoulders back.

## Sequence

1. Prepare for Invocation to Sage Patañjali in Svastikāsana
2. Parvatāsana in Svastikāsana
3. Gomukhāsana in Vīrāsana
4. Adho Mukha Vīrāsana
5. Adho Mukha Śvanāsana
6. Ardha Uttānāsana
7. Classic Uttānāsana
8. Tāḍāsana
9. Ūrdhva Hastāsana in Tāḍāsana
10. Utkaṭāsana
11. Trikoṇāsana
12. Parivr̥tta Trikoṇāsana
13. Pārśvottānāsana concave back to Pārśvottānāsana convex back
14. Repeat Pārśvottānāsana with hands in Paśchima Namaskarāsana, concave and convex
15. Dwi Pada Viparīta Daṇḍāsana (over chair, hands clasping back rim of chair)
16. Bharadvājāsana I
17. Daṇḍāsana
18. Upaviṣṭha Koṇāsana
19. Baddha Koṇāsana
20. Halāsana

21. Sālamba Sarvāngāsana
22. Paśchimottanāsana
23. Ujjayi II Pranayama, with bolster and blanket support
24. Śavāsana



### *Donna* Marie Furmanek

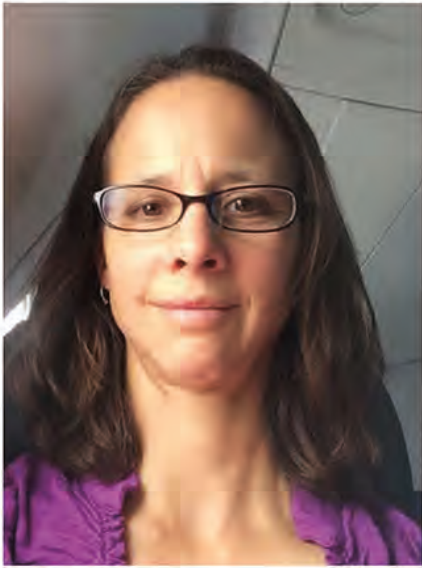
My name is Donna Marie Furmanek. I live in Orland Park Illinois. I am director of my studio, Academy of Creative Movement Yoga in Tinley Park, Illinois, fully equipped with a rope wall and props. I am currently certified at the Intermediate Junior II level. Once I began studying Yoga, I was immediately drawn to the Iyengar method of practicing asanas. Over my years of practice, Iyengar Yoga has helped me understand my body and mind so I could have less back pain, create more space in areas that hold tension, face my fears, and learn to ease stress in challenging life events. I love and appreciate all of my Iyengar teachers, who all light the way for me.

# *Upbeat Movement:* **INTRO I/II SEQUENCE**

by Dawn Baurichter

This sequence is upbeat to practice quick yoga movement, influenced by Abhijata Iyengar's teachings at the IYNAUS Dallas Convention, April 2019.

1. Ūrdhva Prasārita Padāsana to Supta Padanguṣṭhāsana 1 & 2. Hands outstretched on floor. Quick movements with and without a belt. Hands on thigh, classic pose.
2. Chaturaṅga Daṇḍāsana to Śalabāsana - alternate between poses, repeat 3-5 times. Observe the lift of the back body in each pose.
3. Tāḍāsana to Utkaṭāsana with arm variations: palms face forward, toward each other, interlaced. Press the feet to ground the lower body. Press the thighs back and use the arms to lengthen the side body. Observe your ability to maintain the actions with the arm variations and a simple bending and straightening the legs.
4. Trikoṇāsana – Do all standing poses in fast succession without arms extended then with arms extended. Observe the difference in the body and the mind.
5. Vīrabhadrāsana 2
6. Pārśvakoṇāsana
7. Vīrabhadrāsana 1
8. Pārśvottānāsana
9. Prasārita Pādottānāsana
10. Upaviṣṭha Koṇāsana to Baddha Koṇāsana – press through the inner heels in each pose. Alternate between legs straight and knees bent on the floor several times.
11. Jānu Śīrṣāsana – press leg and foot and reach arms overhead. Bring hands to foot, shin or calf. Use arm movements to lengthen the torso and side body that creates lift in the chest to lengthen past the shin.
12. Leg swing to Halāsana feet on the chair. Emphasizing the motion of the swing.
13. Halāsana to Sarvāṅāsana. Reach the inner heels toward the ceiling by pressing the belted arms with to lift the side chest. Sacrum in to take thighs back. 5-minute hold
14. Śavāsana



## *Dawn* Baurichter

I have been an Iyengar Yoga student for 7 years. I study in Cincinnati, OH with Aaron Fleming. I am the treasurer of IYAMW and am working towards Introductory I/II teacher certification. I enjoy Iyengar Yoga because it is teaching me many things, but in this moment, it is especially teaching me clarity in my practice so that I can teach from my experiential learning.



# Age 50+ INTERMEDIATE CLASS

by Penny Hanna

This class includes students ranging from 50 to 89 (to be 90 in November) years old. Many have been students for several years, and they are aging with grace because they have a home practice and are active in other ways. I have always been impressed with their adventurous spirit and willingness to laugh at our experiments.

The students have various individual needs due to knee, shoulder and hip surgeries, spinal fusion or scoliosis, and other conditions, such as auto-immune disease, kidney disease, osteoarthritis, and some occasional injuries. This class is designed to be a type of therapeutic class for these conditions. Therefore asanas are adapted with varying props to support the individual in order to achieve the most effective and safe pose. I will refer to these adaptations for the relevant asanas and conditions. This is the second week in which forward extensions and twists are emphasized.

1. Swastikāsana – invocation and twists  
*Some sit on short stools, bolsters, chumbals and some are in Shoulder Śavāsana, Pavanamuktāsana, or Śavāsana with legs on chair and all with sandbags or weights for recuperation.*
2. Adho Mukha Śvanāsana – wall, lower rope, head supported  
*Those with shoulder or arm injuries are in the lower wall ropes, others are with their hands pressing into the wall. Others have their heels on slanting planks.*
3. Supta Pādānguṣṭhāsana – feet to wall, strap, variations  
*This begins with position # 1, then Pārśva, and some students remain in bent knee version when their hips or groins or back and hamstrings are restricted.*
4. Supta Tāḍāsana + Ūrdhva Hastāsana – strap on forearms
5. Paśchimottanāsana – chair, ropes, bolster, bent- straight leg  
*All are seated on a sticky mat folded on the chair facing the wall. The bolster is on the floor near the wall. They begin sitting upright on the front edge of the chair, knees bent. Then with straight legs, heels reaching to the wall, shins pressing down on the bolster, they hold the upper ropes with extended arms and lift the chest and descend the legs strongly down to the floor. The next variation is to hold the attachment rings of the lower ropes and with bent elbows, reach the sternum forward to the wall.*
6. Bharadvājāsana – on chair with bolster  
*The chair is sideways to the wall, with the bolster resting vertically on the hip at the wall. While seated they twist to face the wall and keep the head and neck neutral, forehead resting on the wall as the arms are pressed against the wall to turn the spine.*

7. Tāḍāsana – Ūrdhva Hastāsana => Ardha Uttānāsana, chair  
*This Ardha Uttānāsana can vary as needed: hands to wall, back to wall and hands to various heights on the chair, etc.*
8. Scoliosis stretch – wall ropes  
*Hold the lower rope wall attachments and use the legs in various positions to stretch the spine, ribs, armpits, shoulders.*
9. Daṇḍāsana – feet to wall
10. Jānu Śīrṣāsana – feet to wall, strap, supports  
*The strap is on the foot at the wall. They sit on a variety of props as needed to maintain a concave back, and shoulder blades into the spine.*
11. Marīchyāsana 1 – forward bend (same as # 10)
12. Marīchyāsana 3 – away from knee, across knee (no strap needed)
13. Sālamba Sarvāṅgāsana – on chair, feet at wall
14. Paśchimottanāsana – seated on bolster, head on chair  
*Seated on various props, and also to support head, and to keep the spine long, and chest lifted.*
15. Śavāsana – legs on chair



## *Penny* Hanna

Since the late 1980's Penny has studied Iyengar Yoga with Lois Steinberg. During that time she taught high school full time, and attended graduate school. Since Penny retired from the social studies classroom, she devotes more time to learning, practicing and teaching in Urbana, IL. Penny instructs the 50+ Intermediate classes and substitute teaches /assists in the Women's

Essentials and Yoga Therapeutics classes. She has attended lectures, workshops, classes conducted by B.K.S. Iyengar, Geeta Iyengar, Ramanand Patel, Rajiv and Swati Chanchani, Stephanie Quirk, as well as regular study with Lois.

# *Gentle* **BACKENDS**

by Jeanine Berlocher

This sequence, practiced taking time to go into and come out of each pose, is a gentle way to go from feeling less to more energized, i.e., to build Tapas when it may be flagging.

1. Adho Mukha Vīrāsana
2. Vajrāsana
3. Vīrāsana
4. Supta Vīrāsana
5. Supta Pādānguṣṭhāsana
6. Tāḍāsana
7. Hold upper hooks, arch back, lean forward
8. Rope 1
9. Rope 2 (Face wall, hold rope from 2 hooks, elbows bent, lean back, head first, press heels and lift chest arching back, come up head last.)
10. Gomukhāsana has n Tāḍāsana
11. Adho Mukha Śvanāsana
12. Ūrdhva Mukha Śvanāsana
13. Pārśvottānāsana
14. Vīrabhadrāsana 1
15. Dwipāda Viparīta Daṇḍāsana chair
16. Bharadvājāsana
17. Uṣṭrāsana
18. Bhujāṅgāsana
19. Śalabāsana
20. Dhanurāsana
21. Bharadvājāsana
22. Chatush Pādāsana on Sarvāṅgāsana blankets
23. Sālamba Sarvāṅgāsana
24. Halāsana
25. Jānu Śīrṣāsana
26. Śavāsana



## *Jeanine* **Berlocher**

Jeanine came to Urbana from Chicago as an undergraduate at the University of Illinois in 1974. She has been studying at Iyengar Yoga Champaign-Urbana since 2000 and received Introductory I/II teaching certification in 2013/2014. She is especially interested in making Iyengar Yoga accessible to older and less able students.

# *Flow and go:* **STANDING POSE SEQUENCE** **FOR ALL LEVELS** by Patrina Dobish

This practice is partitioned into categories. While it appears long in linear sequence it can be done relatively quickly when the āsanas are known. It can also be practiced in parts. For example a beginner can learn the āsanas in section 1 & 2, then as proficiency is established can string them together. If time restraints are there one can take a few poses from each standing section. It can be done with jumpings. It can also be done without jumping and for learning the standing poses. It is important to conclude with a cooling set of poses **and** Śavāsana. See below for possible endings to the sequence.

- We learn alignment within the poses to give reference to our tendencies. When the continual steady movement between poses is executed, it can bring a level of awareness where light will be shown. Like a musician who plays a composed concerto, we play the piece then work to improve the difficult passages that come up.

If one is injured, jumping should be avoided. Consult with your instructor before doing this sequence if you have any physical or physiological issues.

## **Section 1**

- Tādāsana
- Ūrdhva Hastāsana
- Ūrdhva Namaskar
- Gomukhāsana
- Paschima Namaskar

## **Section 2**

- Vṛkṣāsana
- Utkāṭāsana
- Gomukhāsana
- Utthita Trikoṇāsana
- Vīrabhadrāsana 2
- Utthita Pārśvakoṇāsana
- Ardha Chandrāsana

## **Section 3**

- Vīrabhadrāsana 1
- Vīrabhadrāsana 3
- Parivṛtta Trikoṇāsana
- Parivṛtta Pārśvakoṇāsana
- Parivṛtta Ardha Chandrāsana
- Pārśvottānāsana

## **Section 4**

- Prasārita Pādottānāsana 1–2
- Uttānāsana
- Pādānguṣṭhāsana
- Pādahastāsana
- Adho Mukha Śavāsana

## Section 5

- Utthita Pārśva Hasta Pādānguṣṭhāsana
- Utthita Hasta Pādānguṣṭhāsana
- Parivṛtta Hasta Pādānguṣṭhāsana
- Ardha Baddha Padmottānāsana

## *Ending The Sequence*

### Scenario 1 – Beginning Practitioners

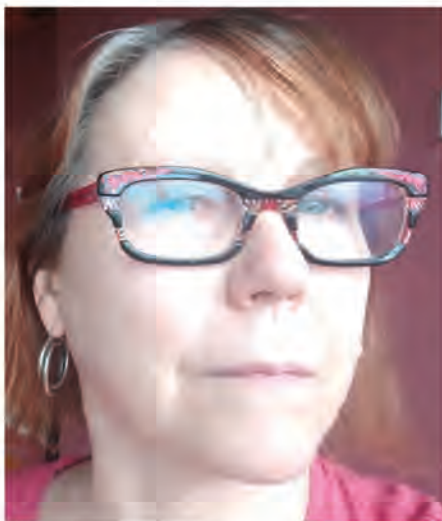
- Supported Setu Bandha
- Viparīta Karana
- Śavāsana

### Scenario 2 – Continuing 1 Practitioners

- Śīrṣāsana
- Sarvāṅgāsana
- Halāsana
- Śavāsana

### Scenario 3 – Continuing 2 Practitioners

- Śīrṣāsana and all known variations
- Sarvāṅgāsana and all known variations
- Śavāsana



## *Patrina Dobish*

Patrina Dobish is a CIYT Intermediate Junior III and a Certified Yoga Therapist (C-IAYT) in Chicago, IL. She has studied yoga her whole adult life. She has studied at Ramamani Iyengar Memorial Yoga Institute for 5 months. Patrina has served a full term on the IYNAUS board and on several national and regional committees. She also partnered to resurrect IYAMW successfully. Locally she has teamed up with Quilombo Cultural Center and The Logan Square Neighborhood Association to provide “Care for Caregivers Program.” She is also the administrator for the Yoga Circle annex, Yoga Tree of Evanston. Patrina is convinced that yoga as a practical subject (āsana and prānāyāma) leads to

yoga as a profound subject.

# *Balance, Resilience, and Equanimity*

by Mary Reilly, based on a class with Geeta Iyengar

A practice to bring vitality to the spine and legs, to build a sense of balance and cultivate resilience and equanimity.

1. Sukhāsana, change legs
2. Adho Mukha Vīrāsana
3. Adho Mukha Śvanāsana
4. Eka Pada Adho Mukha Śvanāsana R leg up, L leg up, (work to extend well beyond the toe of lifted leg, pressing lifted leg thigh to bone.
5. Uttānāsana
6. Ūrdhva Prasārita Eka Padāsana, R leg up, L leg up

*Move to wall. With back to wall:*

7. Tādāsana
8. Ūrdhva Hastāsana,
9. Ūrdhva Baddhanguliyāsana

*Turn and face wall:*

10. Ardha Uttānāsana hands at hip height at wall
11. Supported Vīrabhadrāsana III, with hands still on wall Left leg up, right leg up, (don't let pressure change on hands at wall)
12. Supported \*Utthita Hasta Pādānguṣṭhāsana, R, L. (use arms in belt to raise spine up as standing leg is pressed down, and thigh is pressed to bone on both legs.)
13. \*Supported: foot up on wall and using wall ropes or a belt secured high through the top of a closed door to hold in hands, or can be done with belt on lifted foot arch.  
Repeat, with leg higher if possible.

*Wall to left side:*

14. Free standing Vṛkṣāsana, R, L ( bent knee pointing away from wall, turn trunk toward wall)
15. Supported\* Pārśva Hasta Pādānguṣṭhāsana, R leg up using L hand in belt, or on wall  
Draw lifted leg outer thigh toward its hip, press through standing leg and lift spine  
Repeat, L side facing wall (can be done with leg up wall as well)
16. Ardha Chandrāsana Free standing R, L

*Face wall:*

17. Supported Parivṛtta Hasta Pādānguṣṭhāsana to R and L using rope/belt.  
(After taking R leg up as in Utthiṣṭha Hasta Pādānguṣṭhāsana, take belt in left hand, R hand to waist and twist to Parivṛtta Hasta Pādānguṣṭhāsana, repeat lifting L leg  
Repeat coming up on toes of standing leg to improve twist.

*Back to wall, back leg outer heel at wall:*

18. Pārśvottānāsana, R, L
19. Parivṛtta Trikoṇāsana R, L. Use leg/ spine work from previous āsanās to extend spine from tail bone to head and revolve.

*Continue to:*

20. Parivṛtta Ardha Chandrāsana, free standing , (keep lifted back leg in line with spine.)
21. Uttānāsana
22. Daṇḍāsana
23. Ubhaya Pādānguṣṭhāsana
24. Supta Tādāsana
25. Ūrdhva Prasārita Padāsana 90 degrees  
Reach up and hold R big toe with first two fingers (or use belt), lower left leg to floor for
26. Supta Pādānguṣṭhāsana I
27. Ūrdhva Prasārita Padāsana 90 degrees Repeat grabbing L big toe (or use belt) for
28. Supta Pādānguṣṭhāsana I
29. Ūrdhva Prasārita Padāsana
30. Reach up and hold R big toe, toe, with first two fingers, lower left leg to floor and then take Pārśva Supta Pādānguṣṭhāsana, Right leg to the side (keep hips level to the ground, legs straight )
31. Ūrdhva Prasārita Padāsana 90 degrees Repeat grabbing L big toe and lowering right leg for
32. Pārśva Supta Pādānguṣṭhāsana L leg
33. Ūrdhva Prasārita Padāsana 90 degrees
34. Jaṭhara Parvatāsana knees bent or straight
  
35. Śīrṣāsana
36. Eka Pada Śīrṣāsana
37. Pārśvaikapāda Pada Śīrṣāsana
38. chair supported Sarvāṅgāsana or Independent Sarvāṅgāsana
39. Halāsana
40. Setu Bandha Sarvāṅgāsana
41. Viparīta Karana
42. Supta Sukhāsana, legs resting on bolster
43. Śavāsana



## *Mary* Reilly



Mary Reilly began her studies of Iyengar Yoga in Ann Arbor in 1978 as a University of Michigan graduate in Biology. She was among the first yoga teachers in the Midwest to be Iyengar certified and was granted an Intermediate Senior II certificate personally by B.K.S. Iyengar in 2012. Mary has directed North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey, Michigan since 1986. She served as Chair of Certification of the Iyengar Yoga National Association from 2000-2014. Mary studies regularly at the Ramamani Iyengar Memorial

Institute in Pune, India, and studied there most recently in November of 2018. Mary's teaching lets her love of yoga shine through with enthusiasm as well as clarity and precision. Her goal is to help students overcome their obstacles to achieving their full potential in their understanding of yoga.

# *Intermediate Junior III Sequence*

with all of the poses on the syllabus by Kelly Marie Sobanski

1. Adho Mukha Śvānāsana
2. Uttānāsana-classic
3. Tādāsana
4. Utthita Trikoṇāsana
5. Parivṛtta Trikoṇāsana
6. Utthita Hasta Pādānguṣṭhāsana, Utthita Pārśva Hasta Pādānguṣṭhāsana, Parivṛtta Utthita Hasta Pādānguṣṭhāsana-all 3 poses on the right, then the left
7. Ardha Baddha Padmottānāsana - classic
8. Prasārita Pādottānāsana I
9. Adho Mukha Vṛkṣāsana-palms turned backwards
10. Pīñcha Mayūrāsana -palms up
11. Sālamba Śīrṣāsana I
12. Pārśvaikapāda Pāda Śīrṣāsana
13. Parivṛttaikapāda Śīrṣāsana
14. Śīrṣāsana II
15. Jaṭhara Parivartanāsana
16. Upaviṣṭha Koṇāsana
17. Pārśva Upaviṣṭha Koṇāsana
18. Parivṛtta Upaviṣṭha Koṇāsana
19. Parivṛtta Jānu Śīrṣāsana
20. Ardha Baddha Padma Paśchimottanāsana
21. Parivṛtta Paśchimottanāsana
22. Mālāsana I-arms around the legs and back
23. Bhujapīḍāsana
24. Ākarṇa Dhanurāsana II
25. Kūrmāsana II
26. Eka Pāda Śīrṣāsana-foot over the head
27. Ardha Matsyendrāsana I-arm straight gripping the foot
28. Marīchyāsana II

29. Ūrdhva Mukha Śvānāsana
30. Uṣṭrāsana
31. Ūrdhva Dhanurāsana I-straight from the ground
32. Dwi Pāda Viparīta Daṇḍāsana
  - 1). Elbows supported against the wall, feet on a one-foot high support
  - 2.) Away from the wall, feet on the floor, bent knees
33. Adho Mukha Śvānāsana
34. Sālamba Sarvāṅgāsana I
35. Ūrdhva Padmāsana in Sarvāṅgāsana
36. Piṇḍāsana in Sarvāṅgāsana
37. Setu Bandha Sarvāṅgāsana
38. Sālamba Sarvāṅgāsana I
39. Halāsana
40. Paśchimottanāsana
41. Śavāsana



## *Kelly* Marie Sobanski

Kelly Marie Sobanski lives in Bloomington, Indiana and teaches at Yoga Mala. She also lives part-time in Urbana, Illinois in order to study with Lois Steinberg and assist in Therapy classes. Kelly is deeply dedicated to studying and teaching Iyengar Yoga as a life-long path; she loves to share inspiration with others.

# *A Sequence* **FOR INNER STRENGTH**

by Hong Gwi-Seok (Peggy Kwi-Suk Hong)

For beginning through intermediate/advanced practitioners, 75-90 minutes

There are times in life when we know that not everyone will be on the same page. In fact, in order to progress as individuals and as a society, some degree of conflict and disagreement is inevitable. Instead of avoiding those moments, through Iyengar Yoga, we can practice facing them with courage, clarity of thought, and an even emotional keel. Here is a sequence to promote that sense of inner strength and balance. Please note this sequence is not appropriate during menstruation or pregnancy.

1. Adho Mukha Vr̥kṣāsana x 10, quick reps
  - to break tamas and build lightness
2. Surya Namaskar x 12
  - to enhance circulation through every part of the body and connect breath with movement

*1 minute holds, to build strength and stability, and connect to the earth and establish grounding:*

3. Utthita Pārśvakoṇāsana
4. Vīrabhadrāsana II
5. Ardha Chandrāsana
6. Vīrabhadrāsana I
7. Vīrabhadrāsana III (5 breaths each: bent leg, hands on hips; straight leg, hands on hips; arms out to sides like Vimānāsana; classic)
8. Uttānāsana
  - for recovery, and preparation for inverting
9. Sālamba Śīrṣāsana, 3 min, to Śīrṣāsana II, 2 min, back to Śīrṣāsana I
  - arm variations to deepen the sense of inner balance
10. Malāsana
  - to turn attention and senses inward, deepening the groins
11. Bakāsana
12. Bakāsana from Śīrṣāsana II, optional
  - to develop stability in the arms and shoulders

- to develop a sense of tremendous lift that comes from within (groin and abdominal work)

### 13. Ardha Matsyendrāsana I

- to release the spine while stabilizing the hips

### 14. Chatush Padāsana

- to move the spine from back to front and expand the heart center

### 15. Sālamba Sarvāngāsana, Nirālamba I and II, Halāsana

- as in Śīrṣāsana variations, to deepen the sense of inner balance, with the added benefit of jalandhara bandha, to quiet the senses and frontal brain

### 16. Śavāsana

## *Hong* Gwi-Seok



Hong Gwi-Seok (Peggy Kwi-Suk Hong) lives in Detroit, MI, and teaches at Iyengar Yoga Detroit Collective, a cooperatively-owned, member-run yoga center. She has been practicing yoga since 1996 and teaching since 2001. She is an Intermediate Senior I CIYT, who embraces the power and genius of Iyengar Yoga as a tool for healing our bodies, minds, and communities. She applies Iyengar Yoga as a practice to promote positive social change and dismantle oppression, while actively building alternatives. She is a mother, grandmother, caregiver, and racial and disability justice organizer. Connect with her at [yoganun.weebly.com](http://yoganun.weebly.com) and [stillinsirasana.blogspot.com](http://stillinsirasana.blogspot.com).

# *Be Like Water:* by Erin Shawgo **Kūrmāsana Preparation**

Kūrmāsana is a hard asana for me. It has been teaching me a lot about how to sit with myself in the midst of struggle. I have learned I cannot simply push harder to achieve this asana. Bringing the element of water (áp) very intentionally into my kurmasana preparation, has allowed me to explore how to approach challenges with fluidity, firmness and compassion. The pranayama at the beginning of this sequence sets the tone for the asanas to follow. I think of how Geetaji would remind us that it is not our body's stiffness, but our mind's stiffness that limits our ásana. This sequence reminds me of the suppleness required to face the challenges this world offers us and the work I get to do within myself to face them.

Focus: Use head support when applicable to support the mind in being quiet. Work on strong internal rotation of thighs and firmly press thighs back in standing poses. Reflect in each asana how the breath may inspire the experience of water.

1. Supta Swastikāsana with support
2. Ujjayi I - perform in sets of three, first breath moving from groin to navel, second breath from groin to center of chest, third breath from groin to collar bones. Imagine the breath like waves lapping to shore, the inhalations the flow and the exhalations the ebb.
3. Viloma I - inhale and pause first at the navel, continue the inhalation and then pause at the center of the chest continued to a final pause at the collarbones. Imagine each inhalation like water flowing as an incoming wave. Each kumbhaka acts like water pooling and spreading, saturating the width of the trunk and chest, as water saturates sand in tidal pools at the beach. Imagine the exhalation as a smoothly ebbing tide.
4. Adho Mukha Śvanāsana with rope support if available and head support and heels at wall
5. Pārśvottānāsana, concave back
6. Parivṛtta Trikoṇāsana
7. Parivṛtta Pārśvakoṇāsana, start with knee down, lift back leg once in twist)
8. Prasārita Pādottānāsana I, concave back then head down with support
9. Śīrṣāsana
10. Marīchyāsana I, focus on twist for the first round, second round forward extension holding foot
11. Upaviṣṭha Koṇāsana with support
12. Upaviṣṭha Koṇāsana 3-4 times, each iteration narrowing the legs slightly until arriving at hip-width
13. Kūrmāsana, use support under hips as needed, support under forehead

14. Paśchimottanāsana
15. Chatush Pādāsana
16. Halāsana
17. Sālamba sarvāngāsana
18. Śavāsana

*Gratitude to Hong Gwi-Seok and Laurie Blakeney for your continued guidance, passion and care on this topic of yoga and life. And to my Detroit students who continue to inspire and teach me in their willingness to learn and grow within this practice.*



### *Erin* **Shawgo**

Erin Shawgo has been studying yoga since 2004 and Iyengar Yoga since 2012. Yoga has become an integrated practice in her daily life, offering her a tool for finding equanimity and working on constant self-examination and growth. Erin began teaching Iyengar Yoga in 2013 and holds an Intermediate Junior certification with the Iyengar Yoga National Association of the United States. Her teaching style is

compassionate and creative, with a focus on making Iyengar Yoga accessible to individuals of all identities and experiences. She believes in the power of yoga to heal and connect individuals and communities and is excited to share the gift of yoga with the Detroit community. Erin also holds her Masters of Social Work with a focus on psychodynamic therapy. Her yoga and therapy practice greatly inform one another and enrich her capacity as both a teacher and a therapist.

## *Sacred Sacrum Sequence* by Kathleen M. Wright

1. Mālāsana, holding high ropes
2. Supta Vīrāsana, 3- 10 minutes with weight on the thighs
3. Adho Mukha Śvanāsana, rest head on brick
4. Supta Vṛkṣāsana, bent leg foot supported by brick at straight leg thigh, support the bent leg if pelvis becomes out of level
5. Supta Vṛkṣāsana, brick at bent leg outer thigh
6. Supta Ardha Padmāsana, brick at bent leg outer thigh
7. Supta Ardha Gomukhāsana, bent leg heel to outside of straight leg hip
8. Supta Gomukhāsana, bring knees directly one on top of the other
9. Adho Mukha Śvanāsana, rest head on brick
10. Supta Pādānguṣṭhāsana 1, brick under sacrum, low height
11. Supta Pādānguṣṭhāsana 1, brick under sacrum, second height

For all the above poses, see that the sacrum is level and the lumbar is in a natural curve.

12. Adho Mukha Śvanāsana, rest head on brick
13. Adho Mukha Śvanāsana, brick between thighs - hold from outer thigh to inner thigh
14. Plank Position, brick between thighs hold brick from outer thigh
15. Pūrvottānāsana, brick between thighs
16. Prone Śavāsana
17. Sacral Śavāsana between slanting wedges





## *Kathleen* **Wright**

Kathleen Wright is the founder and director of the Garden of Yoga and co-founder of Yoga Circle and Wild Onion Yoga in Chicago, IL and Havana Institute for Yoga and Ayurveda. Kathleen is a nationally certified Iyengar Yoga instructor at the Junior Intermediate level and a member of the International Yoga Therapy Association. She is a Certified Ayurveda Educator. Kathleen has been teaching consistently since 1983. Kathleen shares her love of the natural world through flower essences created at Iroquois Oaks nature reserve in Iroquois County Illinois.

# *Restorative Sequence* **WITH HORIZONTAL EXPANSION** by Amy Runnels

This restorative sequence focuses on broadening the horizontal planes of the body to create a sense of freedom in vertical extension and quietude of the mind.

1. Swastikāsana
  - twist right, pull bent elbows apart to broaden chest
  - repeat to left
2. Swastikāsana (change cross of legs)
  - twist right, reach straight arms apart to broaden chest
  - continue to reach through fingertips as you return to center and sweep arms up to Parvatāsana
  - repeat to left
3. Adho Mukha Vīrāsana
  - walk hands to right, press the right hand to expand the left ribs laterally
  - repeat to left, expanding the right, side ribs
4. Adho Mukha Śvanāsana (hands turned out at wall)
  - broaden collarbones, abdomen, and backs of thighs
5. Adho Mukha Vīrāsana (head supported on block)
  - stretch arm forward and press hips back to create length on the side body
6. Adho Mukha Śvanāsana (head supported on block)
  - recall broadening of collarbones, abdomen, and back thighs
  - extend trunk from crown of the head through sacrum
7. Tāḍāsana with Gomukhāsana arms
  - with right arm up and left arm behind, take a lateral bend to the right and expand left side ribs
  - pull through right elbow to return upright without shrinking left ribs
  - repeat on opposite side
8. Prasārita Pādottānāsana I (with head support)
  - broaden collarbones, abdomen, and back thighs
9. Baddha Hasta Uttānāsana (at wall)
  - recall broadening of collarbones, abdomen, and back thighs
  - extend the sides of the waist, ribs, armpits, neck, and elbows down with gravity
10. Chair Bharadvājāsana
11. Chair Dwi Pada Viparīta Daṇḍāsana
  - place an 8-12 fold sticky mat on chair horizontally behind thoracic
  - take a bolster (and blankets as needed) to rest head and Baddha Hasta arms
  - extended legs and support feet on blocks as you spread the back thighs and press the thighs down, spread the abdomen

## 12. Chair Bharadvājāsana

(Set up one chair for shoulder balance and a second behind it for plow pose.)

## 13. Chair Sarvāngāsana (place additional blankets under the chair seat abutting your shoulder support to accommodate a gentle exit from Halāsana)

- pull the arms down and lift the side ribs and waist up, stretch the legs up

## 14. Ardha Halāsana

- bring your feet to the Halāsana chair and slide the Sarvāngāsana chair well away
- pull Halāsana chair closer and bring thighs to rest on chair seat as the arms rest softly overhead
- broaden collarbones, broaden abdomen, broaden thighs
- extend from the back of the skull, along the length of the spine, and down the backs of the legs

## 15. Śavāsana

### *Amy* **Runnels**



Amy sought out yoga as a refuge from the stresses of an unfulfilling career in environmental advocacy and a difficult adjustment to life in New York City. Since her first eye and mind opening classes she has devoted herself to the practice. After moving to Cleveland, she began studying Iyengar Yoga regularly with Karen Allgire and went on to complete Karen's apprenticeship program in 2016. Additionally, Amy has been fortunate enough to study regularly with senior teachers Laurie Blakeney and Dean and Rebecca Lerner. She is an Introductory II Certified Iyengar Yoga Teacher and strives to pass along some of the immeasurable knowledge, compassion, and wisdom her teachers have shared with her. Amy lives in Shaker Heights with her husband, Patrick, and is kept busy by their two young children, their dog Zoe, Dobby the cat, and her studies in physical therapist assisting.

# *Sequence for Menses:* **DEEP REST**

by Martha Jacobs

This is the sequence I go to when I am exhausted or recovering from illness or just need to be quiet. These poses are also appropriate during menses. Hold each pose/each side 3-5 minutes.

1. Adho Mukha Vīrāsana over a bolster with blanket to rest forehead.
2. Lie over horizontal rolled blanket at bottom of shoulder blades, rest back of head and arms on floor.
3. Svastikāsana/Ardha Padmāsana/full Padmāsana
  - Over bolster with blanket to rest head.
4. Supta Baddha Koṇāsana lying over bolster with blanket for head.
5. Vīrāsana sitting on block.
6. Supta Vīrāsana (sit on block as needed) supported on bolster and head blanket.
7. Supta Pādānguṣṭhāsana II with belt and bolster/blankets to receive leg.
8. (Supta Pādānguṣṭhāsana I only for restorative sequence, NOT menses.  
Can have large looped rope at bottom shoulder blades and up leg.)
9. Bharadvājāsana I with folded blanket under hip of bottom leg.
10. Upaviṣṭha Koṇāsana, sitting upright. If back is tired or sore, can do with back at wall. (only restorative-bend forward over support.)
11. Baddha Koṇāsana. (only restorative-bend forward over support.)
12. Jānu Śīrṣāsana with support-bolster across legs for head, or chair to rest forehead. Can sit on blankets, use belt around foot.
13. Paśchimottanāsana with support for head-bolster/blankets/ chair; use belt, sit on blankets as needed.
14. Setubandha Sarvāṅgāsana with sacrum on block or bolster or folded blankets.  
Feet can be supported on blocks at wall.
15. Śavāsana-either flat on floor with blanket under head and neck; or have bolster support for spine and blanket for head.



## *Martha* **Jacobs**

Martha Jacobs lives in Bloomington, IN and has been practicing for decades, grateful for every teaching, every class and every Iyengar teacher.

## *Return to Fullness* by Sara Arends Haggith

Just as the moon waxes and wanes, we also go through times of growth, release, and deep rest. This time of deep rest appears as menstruation, illness, or even exhaustion. But as the time comes to be active once again how do we make this transition? In my personal practice, I have experienced the postmenstrual sequence as this reactivation, this return to fullness. We begin with standing poses and strong work in the legs, remembering that we can stand on our own legs and feet. With head support and soft bellies, we assure the nervous system that we are safe. Then, we move into the inversions. The gifts of this sequence are the head support and all the Sarvāṅgāsana variations. Below is a shorter variation of Lois's postmenstrual sequence from Geeta's Guide. I've taught this sequence to students and practice when I have less time. Whether or not you menstruate, allow this sequence to be a gentle transition back to your self.

Focus: Strong work in the legs in all the standing postures. Spread the back thighs from inside out, lift the front thighs and move them firmly to the back thighs. Stand on your feet. And whenever the head is down, use the support of a brick, chair, bolster. Throughout all the postures, soften the abdomen.

1. Adho Mukha Vīrāsana
2. Adho Mukha Śvanāsana, hands into wall, with head support
3. Uttānāsana, feet hip width, head down with support
4. Pārśvottānāsana, step back from Uttānāsana, hands on blocks, concave only
5. Prasārita Pādottānāsana, concave back, then head down with support
6. Śīrṣāsana, then rest in Uttānāsana
7. Prasārita Pādottānāsana, head down with support, then concave back
8. Uttānāsana, head down, then concave
9. Pārśvottānāsana, from Uttānāsana, concave then head down
10. Jānu Śīrṣāsana/Paśchimottānāsana, classic, with head support
11. Halāsana/Sālamba Sarvāṅgāsana/Halāsana/Supta Koṅāsana
12. Jānu Śīrṣāsana/Paśchimottānāsana, upright, concave holding belt, look up to ceiling
13. Chair Sarvāṅgāsana
14. Adho Mukha Swastikāsana, rest chin on chair
15. Viparīta Karaṇi, legs in Upaviṣṭha Koṅāsana (belt outer feet) then Baddha Koṅāsana
16. Śavāsana in Supta Swastikāsana, transition from last pose, rest thighs on bolster

To practice the full sequence with even more Sarvāṅgāsana variations and for more information about the postures, check out the original sequence in *Geeta S. Iyengar's Guide to a Woman's Yoga Practice, Vol. 1* by Lois Steinberg, Ph.D. pp. 120 -190  
Many thanks to Lois Steinberg and Bobby Clennell for their guidance on yoga practice and the menstrual cycle. And so much gratitude to my teachers, Hong Gwi-Seok, Chris Saudek, Tracey Radloff, and Kathleen Mulligan-Hansel. Thank you for creating spaces to explore our minds and bodies in this lifetime.

### *Sara* Arends



Sara Arends Haggith is an Intermediate CIYT. She teaches various levels of classes at Riverwest Yogashala, a nonprofit yoga center in Milwaukee, WI, as well as Introductory Iyengar Yoga courses at Alverno College and UW-Milwaukee. She began studying Iyengar Yoga in 2006, while attending Alverno College, where she earned a BA in Mathematics and Philosophy. In yoga, she found her love of science and philosophy uniting, giving her an opportunity to listen to her mind and body, and respond with compassion. When she's not teaching and practicing yoga, you can find her making art with her family, laughing loud, and listening to an awesome playlist as she dances, cooks, and washes the dishes.







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