

Book of Yogasanas



For Personal Practice

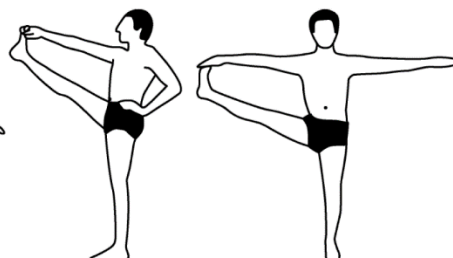
Continuing Asana



Parivrtta Parsvakonasana
Revolved Side Angle



Virabhadrasana III
Warrior 3



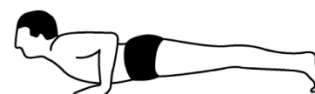
Utthita Hasta Padangusthasana I & II
Extended Arm to Big Toe 1 & 2



Paripurna Navasana
Full Boat



Ardha Navasana
Half Boat



Chaturanga Dandasana
Four Limb Staff

Continuing Asana



Dhanurasana
Bow



Ustrasana
Camel



Salamba Sirsasana
Supported Headstand



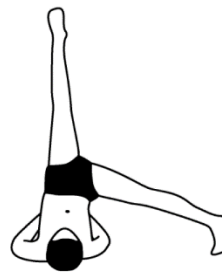
Marichyasana III
Twist of the Sage Marichi



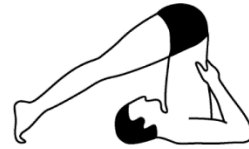
Salamba Sarvangasana
Supported All Limb
(Shoulderstand)



Eka Pada
One Leg



Parsvaikapada
One Leg to Side

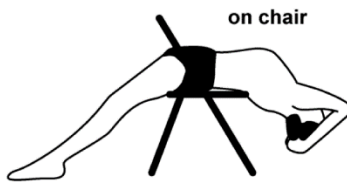


Halasana
Plough

Continuing Asana



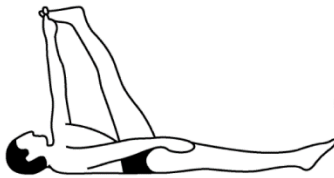
Urdhva Dhanurasana
Upward Bow



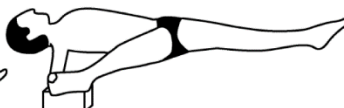
Viparita Dandasana
Inverted Staff
on chair



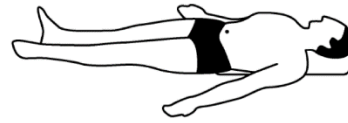
Supta Virasana
Reclining Hero



Supta Padangusthasana I & II
Reclining Big Toe 1 & 2



prepares one for pranayama



Salamba Savasana
Supported Corpse

Book of Yogasanas



For Personal Practice

Menses Sequence (Asana Sequence for Menstruation)

This following sequence for menstruation assumes some understanding of Iyengar Yoga and is not recommended for introductory students, as it may prove too difficult. An introductory student who is on her period should disclose this information to her instructor, before the class begins if possible. She may join the regular class, modifying the poses to add support as needed, and refrain from practice of the inverted postures; her instructor will provide the support variations and alternative poses.

The poses below are best practiced in the order given. Only experienced practitioners should hold each posture for the timing indicated. More beginning students, as well as younger women, should hold the poses for a shorter time. As well, these students should not practice any pose/s which is/are beyond their capabilities. As experience develops, the timings may be increased, or a shorter time can be held in the poses, but with a second repetition.

An important element in this practice is to work calmly and quietly, without straining in the postures, maintaining the face, neck and abdomen soft. This sequence of poses is also appropriate for men, who may want a quieter practice, with benefit as well to their reproductive, digestive and eliminatory systems. The illustrations that follow are intended to sketch the poses, but detailed descriptions are not provided. For more complete explanations, refer to *Light on Yoga*, *Yoga: A Gem for Women*, or consult your instructor.

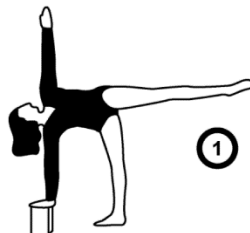
Menses Sequence

minutes in pose or per side

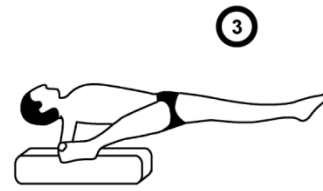
For all seated poses and forward bends, sit on 2 blankets AND for forward bends, head resting on a bolster/blanket/support--even if during other times head can reach the shin.



Adho Mukha Svanasana
at rope or hands to the wall
and/or bolster under the head



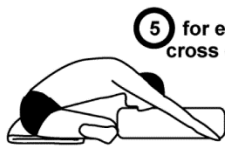
Ardha Chandrasana
with support of wall/trestle
and hand to block



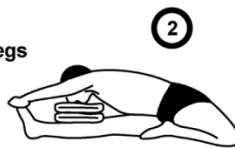
Supta Padangusthasana II
with bolster under lateral leg



Adho Mukha Virasana
to bolster



Adho Mukha Swastikasana
to bolster



Janu Sirsasana
with support



Trianga Mukhaikapada Paschimottasana

Menses Sequence

minutes in pose or per side



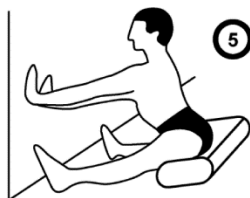
Ardha Baddha Padma Paschimottasana
(or repeat Janu Sirsasana)



Marichyasana I



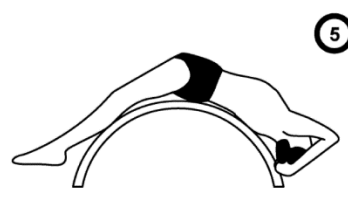
Paschimottasana



Upavista Konasana
on bolster at
trestle or wall



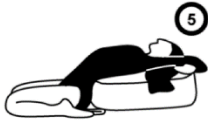
Baddha Konasana
on bolster at
trestle or wall



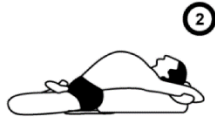
Viparita Dandasana on Backbender
with straight legs then legs into Baddha
Konasana then Padmasana (if possible)

Menses Sequence

minutes in pose or per side



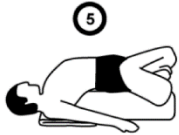
Supta Virasana
on bolster



Matsyasana
on bolster (or legs to ardha
padmasana or swastikasana)



Supta Baddha Konasana
on bolster



Setu Bandha Sarvangasana
with legs in Baddha Konasana



Pavanmuktanasana
with bench/bolster/blankets
(if no bench - repeat adho mukha virasana)



Savasana
with weight on
top of bolster



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