

**GEETA S. IYENGAR'S PRACTICE SEQUENCE FOR
INTERNATIONAL DAY OF YOGA 21 JUNE**

"We are all yoga sādhakās and sādhanā is our very breath, our prāna. The United Nations has declared 21st June as the International Yoga Day, which will be celebrated all over the world. For us every day is yoga day. However to respect this special day [the concept of which was suggested by Gururiji] in a talk in Bangalore sometime in 2011- 2012, to respect Gururiji, we have thought of a special practice programme for this day. Many students from across the world approached me if they could have a special sequence of practice for this day... the (summer) solstice." – Geeta Iyengar, 2015

Invocation to the Sage Patanjali ~ Invocation to Guru

Asana Practice

| | |
|----------------------------|----------------------------------|
| 1) Tadasana | 17) Adho Mukha Upavishtakonasana |
| 2) Namaskarasana | 18) Virasana – Parvatasana |
| 3) Urdhva Hastasana | 19) Swastikasana – Parvatasana |
| 4) Uttanasana | 20) Parsva Dandasana |
| 5) Adho Mukha Svanasana | 21) Bharadvajasana I |
| 6) Urdhva Mukha Svanasana | 22) Marichyasana III |
| 7) Uttanasana | 23) Urdhva Mukha Svanasana |
| 8) Tadasana | 24) Dhanurasana |
| 9) Utthita Trikonasana | 25) Ustrasana |
| 10) Utthita Parsvakonasana | 26) Adho Mukha Svanasana |
| 11) Virabhadrasana I | 27) Sirsasana |
| 12) Parivrtta Trikonasana | 28) Sarvangasana |
| 13) Parsvottanasana | 29) Halasana |
| 14) Prasrita Padottanasana | 30) Chatushpadasana |
| 15) Dandasana | 31) Setu Bandha Sarvangasana |
| 16) Janu Sirsasana | 32) Savasana |
| | 33) Sit in dhyana (meditation) |

