



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 Gururji] in a talk in Bangalore sometime in 2011- 2012, to respect Gururji, 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)

