

Consolidation

Regarding asana practice, B.K.S. Iyengar has said that “our body is the bow and the asanas are the arrows to hit the target- the soul.” In this sequence for experienced students, a wide variety of postures are given as preparation for the pinnacle pose, eka pada sarvangasana. Refer to the earlier website post on Salamba Sarvangasana, as well as the information below for practice guidance and related sutra study.

Props and techniques:

- Do not practice this sequence while menstruating or pregnant.
- Refer to *Light on Yoga* by B.K.S. Iyengar for photographs and instructions on the poses.
- See also *Yoga the Iyengar Way* by Silva, Mira, and Shyam Mehta for instructions and modifications, and *Yoga: The Path to Holistic Health* by B.K.S. Iyengar (chapter 7) for images of prop setups.

Sutra study: Patanjali Yoga Sutra II.47 states that “Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached.” Read B.K.S. Iyengar’s commentary on this sutra in *Light on the Yoga Sutras of Patanjali*.

Practice Sequence

Virasana and cycle (*Light on Yoga*, plates 90, 91, 92)

Bharadvajasana I (or bharadvajasana on chair)

Adho mukha svanasana

Supta padangusthasana I

Urdhva prasarita padasana

Utthita hasta padangusthasana (*Light on Yoga* plate 21. Modify with foot on ledge.)

Virabhadrasana III (hands on tall blocks, pressing foot into wall)

Adho mukha svanasana

Adho mukha vrksasana

Uttanasana

Sirsasana I

Halasana (feet to chair seat)

Salamba sarvangasana

Eka pada sarvangasana (foot to chair seat)

Halasana (feet to chair seat)

Savasana (classic pose or lower legs on chair seat)