

**An encasement sequence, from Ashtadala Yogamala Volume 2 by B.K.S. Iyengar, the chapter on “Vinyasa Yoga”**

In this sequence, sirsasana is featured as the pinnacle pose. Six preparatory poses are given in a logical progression to cultivate in both body and mind the balance and quietude essential to sirsasana. Following sirsasana, the sequence becomes a mirror image of itself, allowing for clarity and integration in the poses already practiced. For intermediate students who can comfortably maintain 3-5 minute holds in each pose.

Uttanasana

Adho mukha svanasana

Prasarita Padottanasana I

Janu sirsasana

Paschimottanasana

Adho mukha virasana

Sirsasana

Adho mukha virasana

Paschimottanasana

Janu sirsasana

Prasarita Padottanasana I

Adho mukha svanasana

Uttanasana

Savasana