

Essential Poses for Summer Practice

Name of Asana	English Translation	Category	Mehta	LOY	Beginners	AM	PM	Intermediate
Surya namaskar	Sun Salutations	Vinyasa	146	Appx 1		1		1
Utkatasana	Fierce, powerful	Standing	47	17	1	2		2
Utthita Trikonasana	Extended Triangle	Standing	22	3	2	3		3
Ardha Chandrasana	Half Moon	Standing	30	10		4	2	4
Prasarita Padottanasana I	Feet apart, intense stretch	Standing	42	13	3	5	3	5
Adho Mukha Svanasana	Downward Facing Dog	Inversion	90	33	4	6	4	6
Adho Mukha Vrksasana	Handstand	Inversion	96	132		7		7
Salamba Sirsasana I	Headstand	Inversion	98	74			5	8
Salamba Sarvangasana I	Shoulderstand	Inversion	108	87			6	9
Supta padangusthasana	Lying down, big toe	Abdominal/Lumbar	88	108	5		1	10
Virasana	Hero	Seated	50	40		10		11
Supta virasana	supine hero	Supine/restorative	82	41				12
Dwi pada viparita dandasana	chair supported backbend	Backbend/restorative	136			8		13
Ustrasana	Camel	Backbend	134	16		9		14
Marichyasana III	Seated twist	Twist	73	114	6	11	9	15
Janu Sirsasana	Head to knee	Forward bend	59	59			7	16
Paschimottanasana	Intense stretch of the west	Forward bend	64	67			8	17
Urdhva Prasarita Padasana	Legs up the wall	Restorative	80		7			18
Supta baddha konasana	Supine bound angle	Restorative	81		8			19
Savasana	Corpse	Restorative	150	200	9	12	10	20

Reference books:

Yoga the Iyengar Way by Silva, Mira, and Shyam Mehta. Page numbers.

Light on Yoga by BKS Iyengar. Pose numbers.

Practice sequences:

Beginners: 9 poses for newer students. Practice poses in the order indicated.

AM: a lively sequence for morning practice emphasizing standing poses, arm balancing, and chest opening.

PM: an evening practice for students with proficiency in headstand and shoulderstand.

Intermediate: for students with a strong home practice and proficiency in all categories of poses.

Sequencing principles: group poses by category, link similar poses together, end with cooling poses, shoulderstand follows headstand.

More sequences for hot weather practice: Refer to *Yoga the Iyengar Way*, Appendix, Course II, Lessons 1D, 2D, 3D, etc.