

Fall Season Asana Practice

During the Fall season we experience changes in environment, schedules, and activities. This sequence includes poses from all categories, to challenge, but also to bring the entire body to a state of balance. Practicing with attention and sensitivity develops mental poise and equanimity as well. While practicing this sequence, compare and contrast each pose with the pose that precedes and follows, to deepen your understanding of the actions and qualities essential to each.

Beginners or those wishing an abbreviated sequence may practice only those poses with an asterisk. Practice poses in the order listed, do not omit savasana. Consult *Light on Yoga* by BKS Iyengar for photographs, detailed instructions, recommended timings, and the benefits and effects of each pose. Consult *Yoga the Iyengar Way* by Silva, Mira, and Shyam Mehta for photographs, instructions, and suggested modifications. See *Yoga the Path to Holistic Health* by BKS Iyengar for tips on using props for many of the poses (Chapters 5 and 7 include numerous photographs of prop setups).

- * Siddhasana
- * Tadasana
- * Vrksasana
- * Utthita trikonasana
Parivrtta trikonasana
- * Utthita parsvakonasana
Parivrtta parsvakonasana
- * Ardha chandrasana
Parivrtta ardha chandrasana
- * Adho mukha svanasana, urdhva mukha svanasana, adho mukha svanasana
- * Prasarita Padottanasana I
Prasarita Padottanasana II
- * Urdhva prasarita padasana
Jathara parivartanasana
Sirsasana I
- * Adho mukha virasana
- * Virasana and cycle
Paryankasana
Pincha mayurasana
Salamba sarvangasana dropping back to Setubandha sarvangasana
- * Setubandha sarvangasana with support
- * Savasana