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Intermediate Junior II Level Practice

August 2018

Sequence created & modeled by: Graham Williams, Intermediate Junior II CIYT, founder and owner of the Iyengar Yoga Center of Raleigh, in Raleigh, NC

Photos by: Graham Williams



Graham Williams had no idea that her scoliosis would lead to her life's passion and vocation, when she was diagnosed with scoliosis at age 10 and put into a hard-plastic brace that stretched from below her hips to under her arms. 38 years later, she is the first Certified Iyengar Yoga Instructor in Raleigh, NC. Graham is passionate about empowering her students to enjoy the positive physical and emotional benefits yoga has brought her. She was introduced to Iyengar Yoga in 1994 by Donita and Gary Reitze while living in Crested Butte, CO. They told her about Elise Browning Miller and she took her first scoliosis workshop with her in 1995. The workshop and several trainings with Elise gave her the confidence she needed to accept her scoliosis and the desire to help others.

When she moved to Raleigh in 2002, Gary and Donita advised her to locate certified Iyengar Instructor Cindy Dollar in Asheville. Graham moved to Asheville for a few years to study with Cindy and teach at her studio under Cindy's guidance. Cindy became a huge part of Graham's path to deepen her understanding of Iyengar Yoga and become the teacher she is today.

Graham has practiced Iyengar Yoga for more than 20 years; taken thousands of hours of teacher training from nationally known Iyengar teachers; made three trips to Pune, India to study with the Iyengars; and has taught children, teens, and adults in Colorado, Virginia, and North Carolina. Her current mentors are Dean and Rebecca Lerner with whom she continues to learn a tremendous amount. She has taught in Raleigh, NC since 2006 and owns the Iyengar Yoga Center of Raleigh. She passed her Intermediate Junior II assessment in September 2017 and has mentored three students who have become certified at the Introductory level.

Graham is grateful to her teachers as well as the dedicated students who have helped her along this tremendous and most fulfilling path of study and teaching.

Dwi Pada Viparita Dandasana holding the front chair legs (Two Footed Inverted Staff Pose)

This energizing, back bending intermediate sequence leads to *Dwi Pada Viparita Dandasana* from the Jr Intermediate II Syllabus. You will notice that many instructions of the arms and legs are repeated in most every pose. As you put effort in the poses with the organs of action be aware to keep the organs of perception passive and calm. Remember to breathe!!

This sequence is for those that have a strong daily yoga practice and are familiar with the Iyengar Yoga prop set ups. One should avoid this sequence if menstruating. If you have any major physical or medical conditions consult a Certified Iyengar Instructor before attempting this sequence.

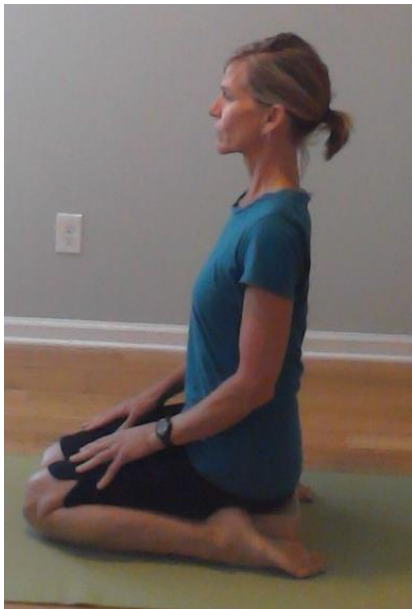
Approximate time: 75-90 minutes

Props required: 1 chair, 1 belt, 2 blocks (optional for some), 3-4 blankets

Virasana

Hero's Pose

1 minute



- Sit with your knees together and feet apart
- Use a block or blanket if your buttocks do not touch the floor
- Press the tops of the shins, feet and buttock bones down as you lift the chest

Parvatasana in Virasana

Mountain/Arms Overhead in Hero's Pose

1 minute with each interlock



- Clasp your fingers at the webbing, turn the palms to the ceiling, and straighten the arms
- Pull your arm bones into the shoulder sockets, as the clasp of the hands lengthens the arms up to the ceiling
- Move the shoulder blades in and down as you lengthen the sides of the trunk up.
- Change the interlock of your fingers and repeat

Gomukhasana in Virasana

Cow Face Pose (arms) in Hero's Pose

1 minute each side



- From *Virasana* bend the left arm and bring the back of the hand up between the shoulder blades
- Lift the right arm into *Urdhva Hastasana* and move the tricep from the outside in toward your face and the bicep from the inside out away from the face
- Maintain that rotation with the upper arm as you bend the elbow and place the hand in between the shoulder blades and clasp the left hand
- If your fingers do not clasp, use a belt
- Change position of your arms and repeat on other side

Adho Mukha Svanasana

Downward Facing Dog Pose

2 minutes



- Press the hands evenly and lift up through the arms and take the weight back to the legs
- Move the triceps from outside in, and the biceps from inside out, and lift the shoulders up
- Lift the thighs and hips, and press the front thighs to the back thighs
- Move the weight from the hands to the legs keeping the dorsal spine moving in

***Uttanasana*-feet hip width with hands out to sides**

Intense Stretch Pose

1 minute



- Feet hip width apart
- Press the feet evenly as bend from the hips and place the hands on the floor or on blocks
- Push the mat forward with the hands and feel how that action helps to descend the sides of the torso and the head to the floor
- Be aware that both feet are pressing equally as descend the torso and head down.

Urdhva Hastanasa

Hands Overhead

45 seconds



- From *Samasthiti* (Mountain Pose), stretch the arms up toward the ceiling
- Move the triceps from the outside in toward your face and the biceps from the inside out away from the face

Urdhva Hastasana to Uttanasana

Repeat 3 times

If you have back issues put your hands on your hips and go down, otherwise

- From *Urdhva Hastasana* press both feet evenly and keep the legs firm as you lengthen forward and bring hands by the side of the feet in *Uttanasana*
- To come up, bring the arms in line with the ears, look forward, press the feet evenly keeping the thighs firm and lift up into *Urdhva Hastasana*
- Exhale as you go down, and inhale as you go up, with faster movements up and down
- Keep the legs firm as you go up and down

Surya Namaskar

Sun Salutation

(as given in Geeta Iyengar's Preliminary Course Yoga in Action)

Repeat 6 times

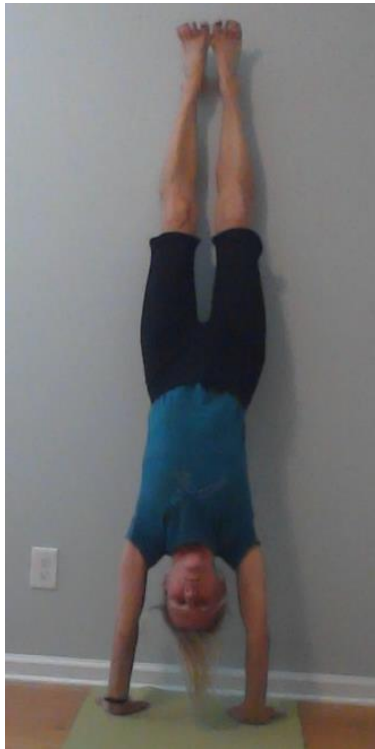
Samasthi-Namaskara-Urdhva Hastasana-Uttanasana-Adho Mukha Svanasana-Urdhva Mukha Svanasan-Chaturanga Dandasana-Urdhva Mukha Svanasana—Adho Mukha Svanasan-Uttanasana-Urdhva Hastasana or Urdhva Namaskarasana-Namaskarasana-Samasthiti

Mountain-Hands in Prayer Position-Arms Overhead-Forward Bend-Down Dog-Up Dog-4 Limb Staff Pose-Up Dog-Down Dog-Forward Bend-Arms Overhead or Prayer Position Overhead-Mountain with hands in Prayer position

Adho Mukha Vrksasana

Downward Facing Tree Pose/Handstand

45 seconds x2, each leg kicking up



- Place hands shoulder distant apart 4-6 " away from the wall
- Straighten the legs and walk in until shoulders are over wrists with buttocks lifted
- Press the inner palm down and stretch up through the arms
- Keep the arms straight take a breath and swing your leg up
- Try 3x. If unable to kick up to the wall, instead do Upside down Right Angle with feet at wall hands on floor
- If able to come up, press the inner hand down and squeeze the outer arms in lifting the shoulders up, the buttocks up, the legs up.
- Kick up with other leg

Pincha Mayurasana

Forearm Balance/Feathered Peacock Pose

1 minute



- Place a brick at the wall
- Put a belt above the elbows, shoulder distance apart
- Kneel in front of the block and place the forearms on the floor with index finger knuckle on block and thumb tip on the block. Do not let the webbing of the thumb and index finger touch the block. Let there be a little space there so the inner wrist can touch the floor.
- See that the elbows and forearms are shoulder distance apart and straighten the legs
- Press the inner wrists down and rotate the triceps from outside in, and the biceps from inside out and lift the shoulders up away from the ears
- As you walk the feet in, keep the shoulders lifting and the back chest moving into the front chest, and swing the legs up into the pose.
- Once the legs are up, go back to the base and press the inner wrist down, continue to rotate the upper arms, lift the shoulders, lift the buttocks to the ceiling and rotate the front of the thigh from outside in moving the tailbone forward and thighs back

Sirsasana

Headstand Pose

Up to 5 minutes as able



If cannot balance, be at a wall for support.

- Come into the pose
- Press the forearms and rotate the triceps from outside in, bicep from inside out and lift the shoulders up away from the floor.
- Roll the front thighs from outside in and lift the buttocks to the heels
- Extend the inner and outer heels to the ceiling and spread the soles of the feet.

***Dwi Pada Viparita Dandasana* holding onto back chair legs**

Two Footed Inverted Staff Pose

1 minute



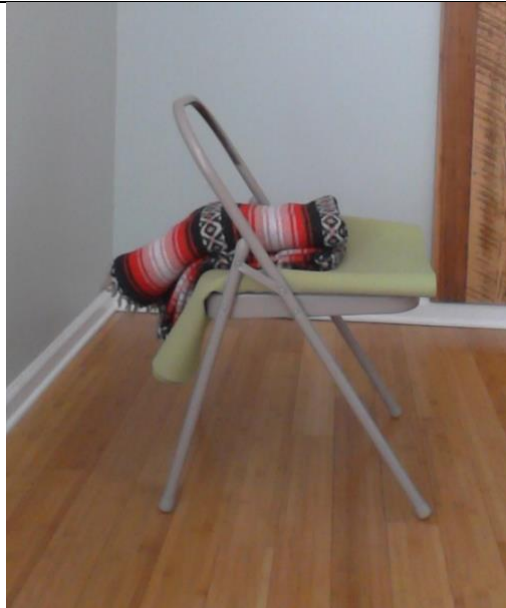
- Place a 4-folded mat on the seat of the chair.
- Sit in the chair with the chair back facing the wall.
- Sit up tall holding sides of the chair, opening the chest
- Keep the chest open as you lie back over the chair and catch the shoulder blades on the mat
- Push back slowly until you feel the bottom tips of the shoulder blades move into the front chest to coil the spine
- Place the hands on the sides of chair seat and take a few breaths to broaden the chest
- Place the hands under the chair seat and hold onto the back legs of the chair (if shoulders are broad then keep hands on side back of chair seat and continue to push the hands to open the chest)
- Extend the legs by pushing the heels to the wall and straighten the legs. Keep the thighs rolling from the outside in and push them to the back of the thigh as you simultaneously lift the tailbone up.
- Keep the eyes and throat soft and breathe

***Dwi Pada Viparita Dandasana* clasping hands behind head**

Hold for 2 minutes

Possible extra props that one may need:

*2 blocks for feet if feet come off the floor (shown in Fig(i))
Blankets for elbows and/or head if they do not touch the floor*



Fig(i)



Fig(ii)

- Trifold a blanket from short end of shoulder stand size blanket
- Place the short edge of blanket in middle of back of chair seat (you may have to insert blanket after you sit in the chair)

- Sit on blanket so that it is under the buttocks
- Keep the legs bent and feet hip distant apart with the hands on the sides of the chair
- As you go back see that blanket moves with buttocks and remains just under the tailbone as slide further off the chair. See *Fig(ii)*



Fig(iii)



Fig(iv)

- Take your arms over your head, bend the elbows into *Urdhva Dhanurasana* (Upward Bow) position. See *Fig(iii)*.
- Keep the elbows moving from outside in as you begin to slowly walk the hands toward the front legs of the chair and bring yourself further off the chair and straight down toward the floor. (Adjust the blanket if needed so that it is under the tailbone)
- Keep the shoulder blades moving into the front chest and clasp the hands behind your head into *Salamba Sirsasana* position. See *Fig(iv)*.
- Keep the outer elbows moving in toward one another and in toward the head
- Keep the inner ball of the foot pressing on the floor and move the front of the thighs from outside in and lift the tailbone up as you press the thighs down. (*If the feet come off the floor place 2 blocks under the feet*)
- Release the arms, bring your hands to the sides of the chair back and press down with the feet to lift your chest up
- Sit upright in chair keeping shoulders moving down inhaling and exhaling

***Dwi Pada Viparita Dandasana* holding onto front chair legs**

2 minutes



Fig(i)

Possible extra props that one may need:

2 blocks for feet if feet come off the floor (shown in picture)

Strap around front legs of chair if can't reach chair legs (shown in Fig(i))

Blankets for elbows and/or head if head does not touch the floor

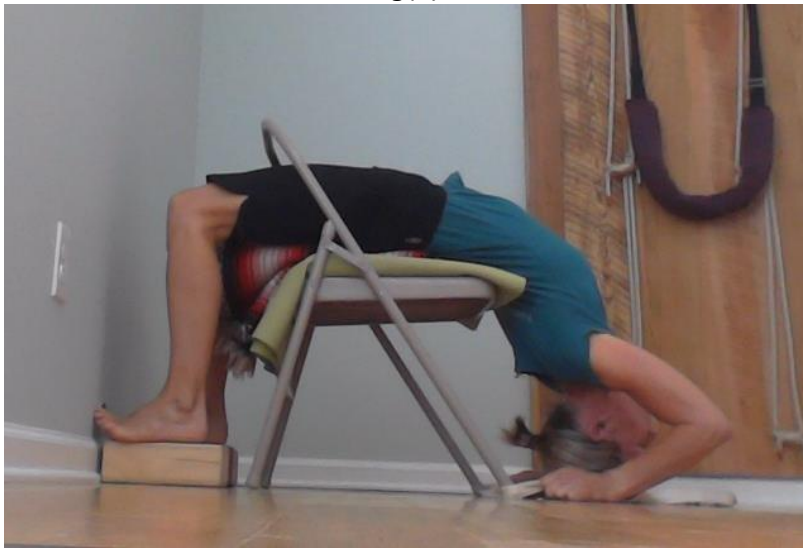
- Repeat steps 1-5 from previous *Dwi Pada* variation
- Take your arms over your head, bend the elbows into *Urdhva Dhanurasana* position and begin to slowly walk the hands along the strap (or if not using one on the floor) toward the front legs of the chair and bring yourself further off the chair and straight down. See *Fig(ii)*.
- Rotate your upper arms like *Sirsasana* and bring the dorsal spine in as you walk the hands along the strap to the front chairs legs and release the crown of the head down. See *Figs(iii), (iv), (v), (vii)* for progression to the final pose.
- Pull the chair legs or strap to move the dorsal spine in and coil the spine. If the elbows are splaying out use one hand to help rotate the upper arm from outside in and the elbow closer to front chair leg (See *Fig(vii) and Fig(viii)*) to help bring the elbow to the floor and move the back-chest in.
- Keep the legs bent, feet on the floor (or blocks) and lift the tailbone up as you press the thighs down
- Keep the eyes soft. Smooth inhalation and smooth exhalation



Fig(ii)



Fig(iii)



Fig(iv)



Fig(v)



Fig(vi)



Fig(vii)



Fig(viii)

***Adho Mukha Svanasana*, hands on chair seat**

1 minute

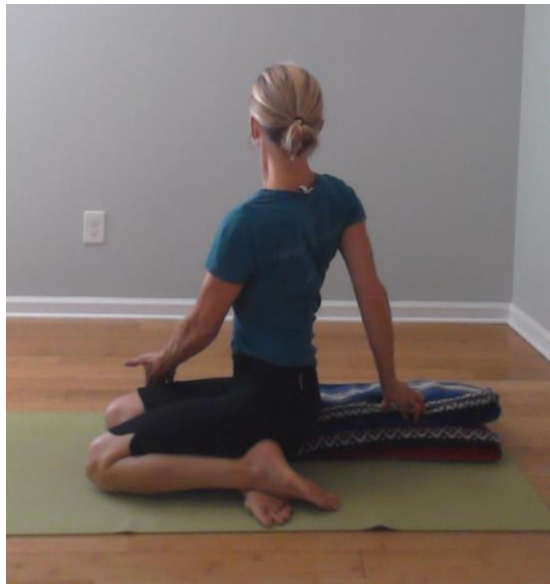


- Place the hands on the sides of the chair
- Step the legs back and lift the hips, pull the thighs back to lengthen the spine

Bharadvajasana I

Pose Dedicated to the Sage Bharadvaja

1-2 minutes each side



- Sit with right buttock on the corner of 2 blankets and bend legs to left bringing feet to sides of hip.
- Place the left leg in Virasana and put the left ankle on top of the right arch
- Descend the left outer hip down, as you lift the sides of the torso and turn to the right
- Place the right hand back on the blanket and left hand across the right knee

Sarvangasana

Shoulderstand/Whole Body Pose

5 minutes



Set up 3 or more blankets with the smooth side at edge of mat

- Lie on the blankets, shoulders on the blanket and head on the floor.
- Come into *Halasana*, place the strap on the elbows (if using one) and come onto the top of the shoulders by rotating the upper arm from the inside out.
- Walk the hands down to the shoulder blades and come into the pose
- Maintain the firm foundation of the backs of the arms pressing, the back chest moving into the front chest and lengthen the legs up toward the ceiling.
- Keep the front thighs moving from the outside in to lift the buttocks up to the ceiling.

Halasana

Plow Pose

1 minute



From *Sarvangasana*, bring the legs back into *Halasana*

- Come on the tip of the toes and lift the hips up and the front thigh up toward the back thigh to extend the sides of the body.
- Move the sit bones toward the heels to lengthen the back.
- Keep the backs of the arms pressing down and rotate the upper arm from the inside out, to open and broaden the chest

Parsva Halasana

Plow Pose to the Side

1 minute each side



From *Halasana* without disturbing the base walk the legs to the right.

- Bring the feet together and balance evenly on the feet and lift the thighs and hips up, especially the right outer hip when going to right and left outer hip when going to left
- Return to the center and adjust the base
- Repeat the pose to the left (pictured here)

Then return to *Halasana*

Savasana

Corpse Pose

10 minutes



- Completely let go in *Savasana*.

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