

Courtesy of:

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Home Practice: Beginner



Sequence created by:

Kathleen Pringle, CIYT, Intermediate Senior I



Kathleen is the owner and lead instructor at Stillwater Yoga in Atlanta, GA. She began teaching yoga in 1983. Since 1990, she has studied almost yearly with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India. Upon the request of Sri BKS Iyengar, she began assisting with the medical classes at RIMYI. Additionally, Kathleen was selected by Mr. Iyengar to be assessor of Iyengar teaching certification candidates, a role she continues to this day. She has authored and co-authored several articles on subjects such as Yoga for Children with Asthma, Selected Treatment Options for Chronic Musculoskeletal Pain, Post-Therapeutic Neuralgia, and Bronchitis. For more information, go to stillyoga.com

Model:

Leah Bray Nichols, CIYT, Introductory II

Director of Evergreen Yoga Center in Memphis, TN

Approximate Time: 1 Hour

Props required: Sticky mat, 4 blankets, 1 strap, 2 blocks, 1 bolster

Focus on firming up the outer hips and creating stability there, then creating mobility by lengthening the side ribs and opening the chest.

Repeat the standing and abdominal poses 2 times. Stay for 30 -60 seconds each side. Work toward staying in inversions for 5 minutes. Allow time for a 10 minute savasana, focusing on the stability and grounding that comes with releasing the legs, arms and heavy bones of the body; then observing the flow and release of the muscles and organs as you let loose and let go.

Adho Mukha Virasana



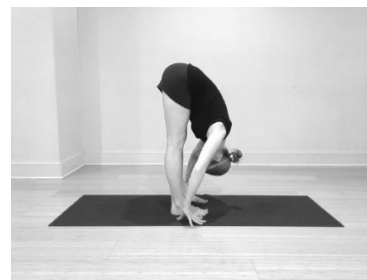
Adho Mukha Svanasana



Uttanasana: Concave



*Uttanasana: Downward
Extending*



Utthita Trikonasana



Utthita Parsvakonasana



Ardha Chandrasana



Parsvottanasana: Concave



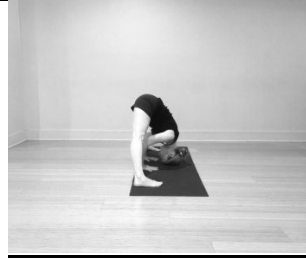
*Parsvottanasana:
Downward Extending*



Prasarita Padottanasana:
Concave



Prasarita Padottanasana:
Downward Extending



Dandasana



Paripurna Navasana

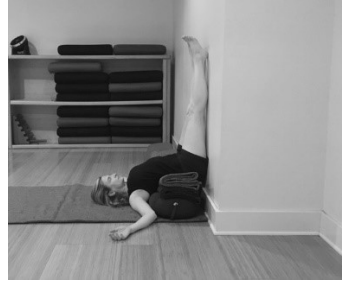


Urdhva Prasarita Padasana



Viparita Karani

-OR-



Salamba Sarvangasana



-AND-

Halasana



Savasana

