

**Sequence created and modeled by Waraporn (Pom) Cayeiro, Intermediate Junior II, Miami, FL**



Waraporn (Pom) Cayeiro graduated as a physical therapist in her native Thailand. In 2007, she moved to Miami and started teaching yoga. She was trained at the Yoga Vidya Gurukul (Nasik, India), and then travelled to Pune three times to study at the Ramamani Iyengar Memorial Yoga Institute (RIMYI). While at RIMYI, she found her passion to help others with the traditional Iyengar method of yoga. Her mentor and teachers are Dean Lerner, Rebecca Lerner, James Murphy, Lois Steinberg and Colleen Gallagher. She is Co-Director of Miami Beach Iyengar Yoga Center since 2014.

**Sequence for *Kurmasana***

Approximate Time: 90 minutes

Props required: 1 mat, 1 bolster, 1 strap, 4 blankets

***Adho Mukha Svanasana***  
**Downward Facing Dog Pose**



- Press the hands into the floor and straighten your arms.
- Roll your inner upper arms out and move the shoulder blade in toward the front chest and up toward the buttocks.
- Press the front of your ankles, shins, and thighs back.
- Extend the calves toward the heels and extend from the back of the knees toward the buttocks.
- Lift the buttock bones upward.
- Stretch from the outer hips down toward the outer heels.

*Padahastasana*  
Hands to Feet Pose



- From *Uttanasana*, place the hands under the feet.
- Stretch both legs fully extended.
- Spread the buttock bones and lengthen the spine.
- Lengthen the armpits towards the elbows, and from the elbows to the hands.
- Pull the hands up, while pressing the feet downward towards the floor.

*Parsvottanasana*  
Intense Flank Stretch Pose



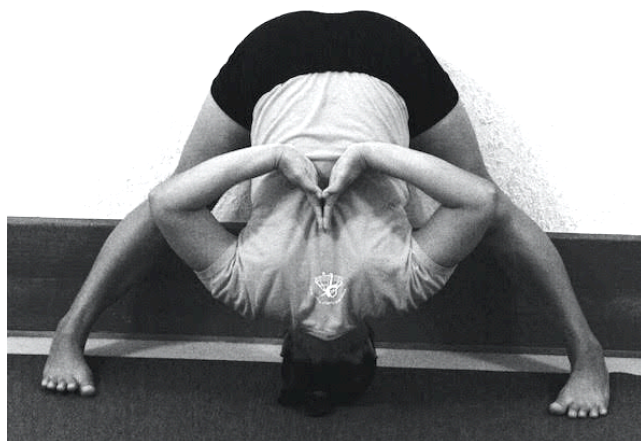
- Step the right foot forward and the left leg back.
- Press your right foot into the floor to push your right hip back.
- Bend your trunk forward, bringing your hands to the floor (or blocks).
- Roll your inner upper arms out extend your torso down.
- Change sides.

*Parivrtta Trikonasana*  
Revolved Triangle Pose



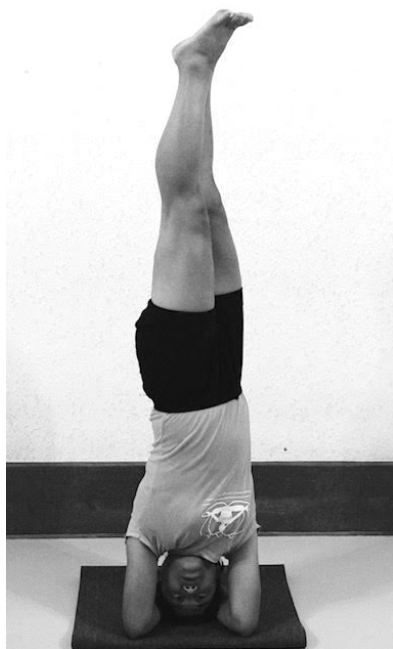
- Step the right foot forward and left leg back.
- Raise the right hand up, as you twist to the right, and place the left hand to the outside of the right foot.
- Press into the outer left foot and stretch the inner left thigh.
- Move the outer right hip back and turn the abdomen and chest to the right.
- Inhale and come up.
- Change sides.

*Prasarita Padottanasana II*  
Wide-Legged Pose II



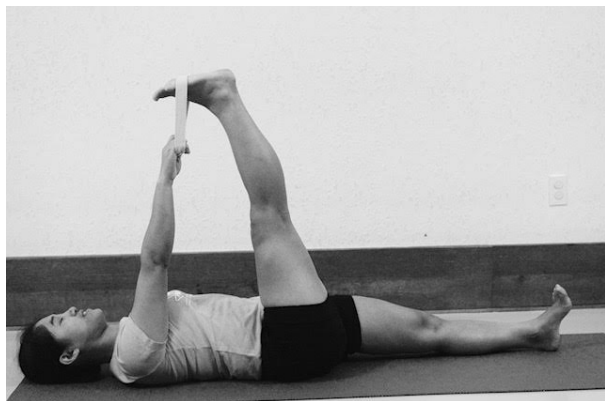
- Bring the hands into *Paschima Namaskarasana* (reverse prayer)
- Spread the feet apart.
- Press the outer edges of the feet.
- Lift the chest and roll the shoulders back.
- Arch back and go forward to release the head down toward the floor.
- Inhale, and come back up.
- Release the hands in *Tadasana*.

*Parsva Sirsasana*  
Revolved Headstand



- Start in *Sirsasana*.
- Use the exhalation to turn the abdomen, hips and legs to the right.
- Roll the right leg strongly inward as you turn to the right.
- Press the right forearm down and lift the right outer deltoid forward, as you turn to the right.
- Keep the spine and legs perpendicular to the floor.
- Come back to center and turn to the other side.

*Suptapadangustasana I*  
Reclining Big Toe Pose I



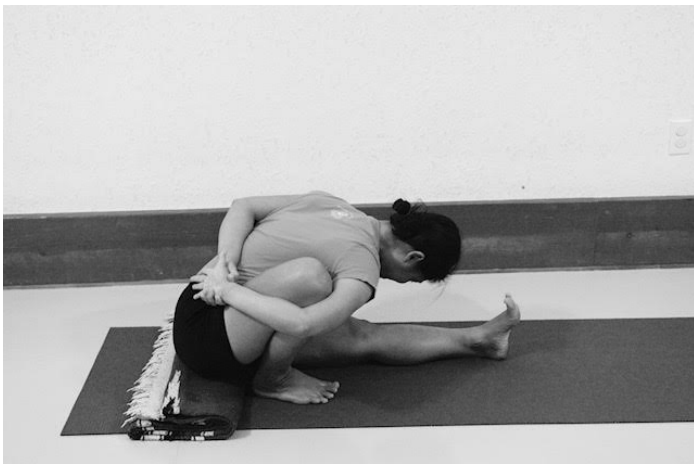
- From *Suptatadasana* (supine mountain pose), bring the right leg up and place the belt on the ball of the foot.
- Press the bottom leg down toward the floor and fully stretch both legs.
- Lift the chest and abdomen.

*Suptapadangustasana II*  
Reclining Big Toe Pose II



- From *Suptapadangustasana I* bring the right leg to the right.
- Keep the left leg stretching down toward the floor.
- Repeat *Suptapadangushtasana I* and *Suptapadangushtasana II* on the other side.

*Marichyasana I*  
Sage's or Marichi's Pose I



- From *Dandasana* (staff pose) bend the right leg and bring your right arm inside of the inner right thigh and twist to the left.
- Lengthen the right arm down. Then reach the left hand behind to catch the right wrist.
- Stretch the left leg, and elongate the trunk forward.
- Change sides.

*Baddha Konasana*  
Bound Angle Pose



- From *Dandasana*, bend both knees and join the feet.
- Press the outer hips down and lift the chest.
- Stretch the inner groins toward the knees and move from the outer knees toward the hips.

*Malasana II*  
Garland Pose II



- From *Dandasana*, bend both knees and place the feet on the floor.
- Press the inner heels down as you spread the legs apart.
- Lengthen the chest and trunk forward and hold the back of the ankles.
- Release the head down toward the floor.

*Upavishtakonasna*

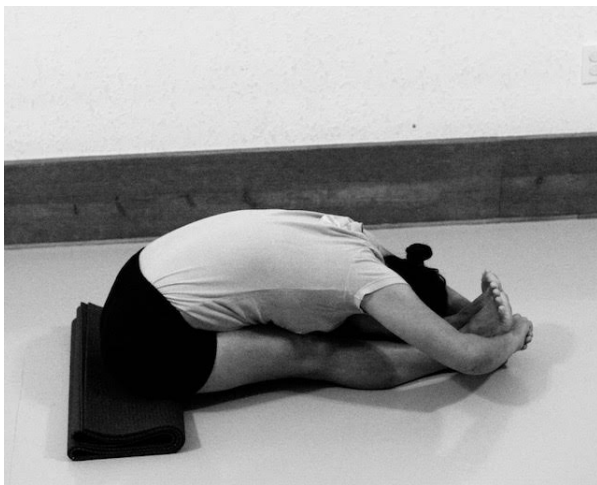
Wide-Angle Seated Forward Bend Pose



- Sit in *Dandasana* and spread the legs out to the sides evenly.
- Press the outer hips, outer thighs, outer calf and the middle of the heels down toward the floor.
- Bend forward and hook the big toes.

*Paschimottanasana*

Intense Stretch of the West (Back) Side of the Body Pose



- Sit in *Dandasana* and stretch the arms upward. Then bend forward.
- Press the legs down and extend toward the heels.
- Release the head down toward the shin bones.

*Kurmasana*  
Tortoise Pose



- Sit on the floor with the legs slightly bent in front, drawing the feet towards the trunk.
- Exhale bend the trunk forward and insert the hands one by one under the knees.
- Turn the wrists and the palms face up, and move the arms back from the shoulders and stretch them straight so the forearm near the hips joints.
- Gradually intensify the stretch until the chin and the chest rest on the floor. Extend the legs fully and press the heels down to the floor hold this position 30-60 seconds.

❖ In this pose the limbs are withdrawn and the body resembles a tortoise. The mind becomes calm and composed and develops equanimity whether in sorrow or in joy. This Asana prepares the aspirant for the fifth stage of yogic practice namely *Pratyahara* (withdrawal of the sense from outside objects)

- Light on Yoga: pages 288-292

❖ In Light on the Yoga Sutras, BKS Iyengar translates and comments upon the two sutras about *Pratyahara* (sense withdrawal).  
Sutra II, 54 – “Withdrawing the senses, mind and consciousness from contact with external objects, and then drawing them inwards towards the seer, is *pratyahara*.” (p. 159)  
Sutra II, 55 — “*Pratyahara* results in the absolute control of the sense organs.” (p. 162)



*Adho Mukha Svanasana*



- Repeat as in the beginning of the sequence.

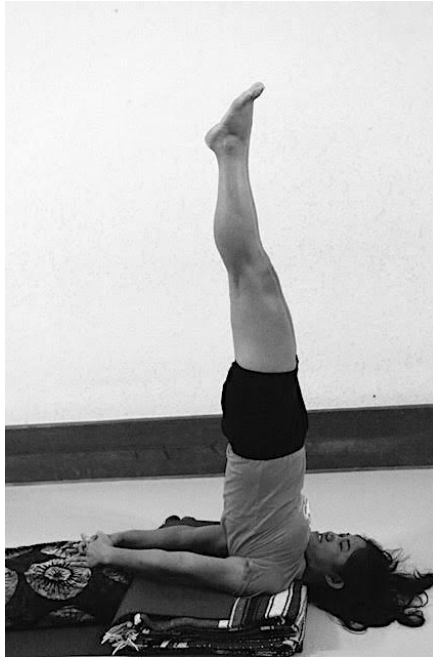
*Purvottanasana*

Intense Stretch of the East (Front) Side of the Body Pose



- Sit in *Dandasana* and place the hands behind the outer hips.
- Roll the shoulders back and lift the chest.
- Extend both legs and press the inner feet down toward the floor.
- Move the shoulders blades toward the front chest and middle of the buttocks upward as you extend the legs fully.

*Salamba Sarvangasana II*  
Supported Shoulderstand II



- Stack 3-5 blankets with the closed-edge sides neatly aligned.
- Lie on the blanket stack with your head on the floor and your shoulders one inch from the edge of the blankets.
- Swing the legs over head to come into *Halasana* (plough pose).
- Come to the tops of the shoulders and walk your hands down toward the shoulder blades.
- Lift one leg at a time and stretch toward the ceiling.
- Interlock the fingers and extend the thumb down toward the floor.
- Pressing your thighs back, move your tailbone forward and lift your buttocks to the ceiling.

*Savasana*  
Corpse Pose



- Lie down flat on the floor.
- Relax the arms and legs to the side.
- Relax your breath and the whole body 3-5 minutes.