

A BASIC PRACTICE

Sukasana – Easy Cross-legged pose

Baddha Konasana

Upavista Konasana

Childs Pose

Downward Facing Dog

Repeat Childs Pose/Downward Facing Dog

Starting Poses (optional):

Tadasana

Uttanasana

Vrksasana

Utkatasana

Basic Standing Poses:

Uttihita Trikonasana

Uttihita Parsvakonasana

Virabhadrasana I

Virabhadrasana II

Parsvottanasana

Inversion:

Salamba Sarvangasana/Halasanana

OR

Bridge with block into Viparita Karani

OR

Legs at the wall

Jathara Parivartanasana

Supta Padangusthasana 1 & 4

Urdvha Prasarita Padasana

Dandasana (opt)

Savasana

BOOKS/REFERENCES

Iyengar Based:

Iyengar Yoga, Judy Smith – practice

Light on Yoga, BKS Iyengar – practice

Tree of Yoga, BKS Iyengar – philosophy

Light on Yoga Sutras, BKS Iyengar – philosophy

Restorative:

Relax and Renew, Judith Lasater, PH D, PT - practice

Women:

The Woman's Book of Yoga & Health, Linda Sparowe and Patricia Walden - practice

Meditation:

The Hidden Lamp, Stories from Twenty-Five Centuries of Awakened Women, Authors: Florence Caplow and Susan Moon - philosophy

Full Catastrophe Living, Jon Kabat Zinn – yoga and meditation practice

Web Resources:

YogaInternational.com – online subscription, classes, workshops

Yogajournal.com – print subscription, online articles and references

Tricycle.org – online newsletter, articles, print subscription