

2020 NYC Iyengar Institute Home Practice 1



Tadasana



Adho Mukha Svanasana



Adho Mukha Dandasana



Utkatasana



Parsva Utkatasana



Parsvakonasana



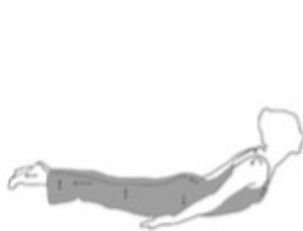
Parivrtta Parsvakonasana



Virabhadrasana I



Adho Mukha Svanasana



Shalabhasana



Virasana



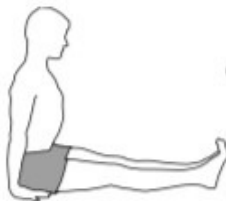
Parsva Virasana



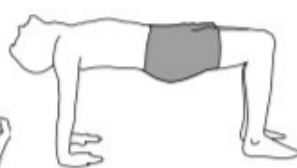
Marichyasana III



Ardha Matsyendrasana



Dandasana



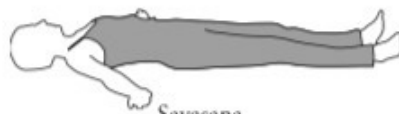
Purvottasana



Setu Bandha Sarvangasana



Jathara Parivartanasana



Savasana