

General Forward Bend Sequence

Hips & Groins



1. Tadasana



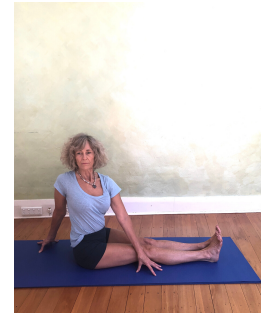
2. Adho Mukha Svanasana



3. Sukasana fwd



4. Dandasana



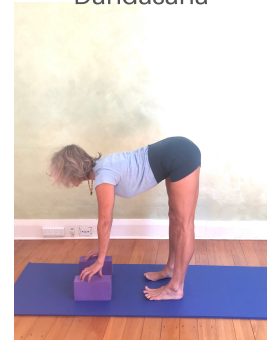
5. Parsva Dandasana



6. Baddha Konasana - with brick



7. Uttanasana



8. Adho Mukha Svanasana



9. Uttanasana



10. Padangustasana



11. Utthita Padangustasana 1



12. Utthita Padangustasana 3



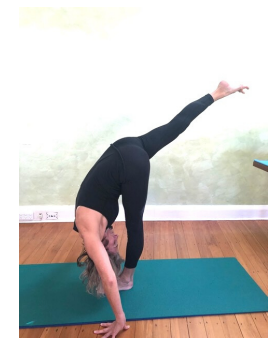
13. Parsvottanasana



14. Parivritta Trikonasana



15. Parivritta Ardha Chandrasana



16. Urdhva Prasarita Ekapadasana



17. Adho Mukha Vrikshasana



18. Sirsasana or Preparation or Prasarita Paddotanasana



19. Chest Opener



20. Dandasana



21. Urdhva Prasarita Padasana



22. Dandasana



23. Marichyasana 3



24. Malasana



25. Janu Sirsasana



26. Triangmukha ekapada Paschimottasana



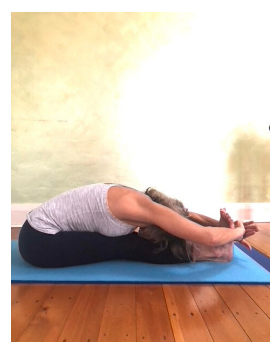
→ 27. Marichyasana 1



28. Paripurna Navasana



28. Paschimottasana



29. Setubandha Sarvangasana



30. Adho Mukha Virasana



31. Savasana

The ocean is the self,
the waves are the thoughts.
The self is silent - the thoughts make
noise.
- BKS Iyengar -

