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Iyengar Yoga Institute of Bondi Junction

Home Practice & Articles

Name	About	Duration	Author
1.Restorative	This is a restorative sequence, with Kay, which includes Sirsasana and supported (chair) Sarvangasana. Asanas to position your body so the mind remains there and doesn't run away with unwanted thoughts. Inversions to uplift ones spirits. - April 3 -		
1a. Restorative	Audio	1.02.23hr	Kay
2. Beginner Sequence - Waverton	A simple yoga sequence requiring nothing but a chair and wall. Initially developed as a first home practice for Kirsten's beginner/gentle yoga group in Waverton. - April 3		Kirsten
3. Basic Sequence - 30 mins	This is a basic sequence of about 30 minutes to get you on the mat for your home practice. It has standing poses, twists and the only inversion is Setubandha Sarvangasana. The PDF allows you to follow the sequence visually with a synchronised audio with the sequence. You can pause the audio, add an asana or you can omit an asana and then continue. We are aiming to guide you with and to your home practice. Keep well. Namaste - April 3 -		
3a.Basic Sequence - 30 mins	Audio	29.30mins	Carole
4. General Sequence - 40 mins	This sequence has standing poses, twists and Sarvangasana. Sirsasana can be added if regularly doing. - April 3		
4a. General Sequence - 40 mins	Audio	39.03mins	Carole
5. Standing Poses - Experienced	This standing pose sequence includes Utthita Trikonasana, Utthita Parsvakonasana & Virabhadrasana 1 (foot to the wall) a twist and inversions for a more experienced practice - with Kay. - April 10 -		
5a.Standing Poses - Experienced	Audio	38.48mins	Kay
6. Remedial Movements for Arms	Kay describes the important functioning of the arm and simple remedial arm movements to assist in the correct functioning of the arms/shoulders/neck. - April 15 -		
6a. Remedial Movements for Arms	Audio	29mins	Kay
7a. Sirsasana & Sarvangasana with variations	Audio - To assist you in your home practice a few reminders of what is happening when you are upside down. Kay takes Sirsasana & Sarvangasana with variations. - April 10 -	23.51mins	Kay
8. General Sequence with Inversions	A general sequence with standing poses - Utthita Trikonasana, Parsvottanasana, Vimanasana, Virabhadrasana 1, twists and inversions. If not practiced in the classic inversion a preparation can be done. It's important to have stability for inversions. - April 15		
8a. General Sequence with Inversions	Audio	1.00.04hr	Carole

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9a. Savasana	Audio - Guruji, BKS Iyengar, first visited Australia in 1983. Kay shares this in-depth Savasana class which Guruji gave to over 100 enthusiastic practitioners. Both Kay and Carole were present. - <i>April 3</i> -	43.53mins	Kay
10. Restorative Sequence - Basic	This is a simple Restorative Sequence with Setubandha Sarvangasana. It can aid in restoring the body's vital energy and quieten the nervous body aiding in giving the breath new life. - <i>April 18</i> -		
10a. Restorative Sequence - Basic	Audio	46.11mins	Carole
11a. Brahmari	Audio - Some insights into Brahmari Pranayama - "the Bumble Bee" breath for students who regularly practice pranayama. - <i>April 18</i> -	9.32mins	Kay
12. Beginner Sequence with Sarvangasana	This is a sequence suitable for a beginner & includes Supta Padangustasana series, Parighasana, standing poses, twists & Sarvangasana with alternatives. You can pause the audio at any time to repeat or delete an asana. Its important to finish the sequence with Sarvangasana or alternatives & Savasana. - <i>April 18</i> -		
12a. Beginner Sequence with Sarvangasana	Audio	52.21mins	Carole
13a. Forward bend sequence 1	Audio - A forward bend sequence begins with quick movements with standing poses then Dandasana, Paschimottanasana. Continue with Forward bends 2. - <i>April</i> -	18:13mins	Kay
13a. Forward bend sequence 2	Audio - The sequence continues with explanation of each stage of forward bending. The basic forwards bends are covered. Janu Sirsasana, Triangmukha ekapadapaschmottanasana, Marichyasana 1. - <i>April</i> -	25.08mins	Kay
14. Asthma	This is a guide for students of Iyengar Yoga to practice a sequence of asanas to improve the function of the respiratory and circulatory systems and help alleviate tensions. - <i>April 25</i> -		
14a. Asthma	Audio - The audio gives more information about the asthma sequence. How important it is too structurally adjust the body to improve the function of the physiological body. How important it is to modify the props for maximum support so the body is energised and the mind calmed. - <i>April 25</i> -	52.21mins	Kay
15. General Forward bend sequence	This is a general forward bend sequence with a focus on hips & groins - with standing poses & Sirsasana or an alternative. - <i>May 1</i> -		
15a. General Forward bend Sequence	Audio - taking a little time to upload. - <i>May 1</i> -	1.09.15mins	Carole
Building Immunity - Avoiding the Flu	This is article written some 10 years ago when there was an outbreak of Swine flu which was classified as a pandemic. Guruji gave a sequence to keep the immune system healthy. Of some interest in this challenging time. - <i>May 1</i> -		

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16a. Backbend sequence - experienced	Basic backbend session for experienced students to compliment or supplement their personal backbend practice. Â There is no PDF, so initially, it is like being in a class where you do not know the sequence of the session. - May 7 -	35:53 mins	Kay
17a. Balances	In this audio Kay gives guidance to working towards beginning the balances. <i>Guruji says: Balance does not mean merely balancing the body. Balance in the body is the foundation for balance in life. In whatever position one is in, or in whatever condition in life one is placed, one must find balance. Balance is the state of the present - the here and now. If you balance in the present, you are living in Eternity.</i>	1:19:53	Kay
18. Backbending - Beginners	This is a sequence for beginners for the fundamentals of backbending. Backbending opens the chest and the abdomen keeping the lungs healthy and strong - so important at this time. Keep well.		Carole
18a. Backbending - Beginners	A sequence towards beginning backbending. Some standing poses, backbends and Sarvangasana. Backbending gives the body a chance to open, to expand to receive the breath something we need to do in our current situation.	50:33 mins	Carole
Backbends - A Interview with Guruji - 1991	This is an article first published in 1992 - an interview with Guruji, BKS Iyengar and two teachers from the United States about backbends. At the time Guruji was conducting a Backbending Intensive in Pune where senior teachers from all over the world were invited to attend. It is in two parts - you may find it long however it contains interesting aspects of backbending.		
19a. Intermediate	A sequence for Intermediate & Experienced practitioners with Kay.	1:13:29	Kay
20. Backbending - General	This is a general backbend sequence emphasising the importance of the work of the "organs of action" the arms and the legs. Use any props necessary as they are not, in general, given. The sequence can be paused at any time to allow further investigation of any particular asana. Asanas can be repeated if you need to explore more. Good wishes and keep well. - May 20 -		
20a. Backbending - General		1:03:22	Carole