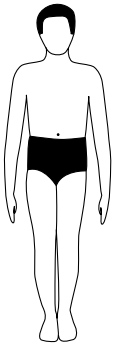


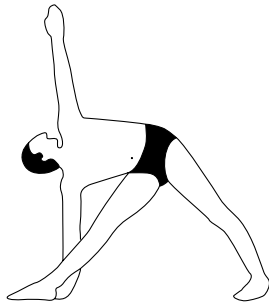
Your Beginning Yoga Practice Sequence

Instructions:

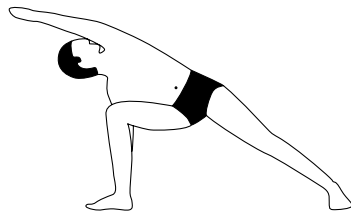
1. Don't worry about making mistakes. Your poses will improve with practice.
3. If you have a chronic or acute injury, do only those poses recommended by your teacher, with appropriate modifications.
3. Practice in bare feet on a non-slippery surface.
4. Repeat difficult poses several time in quick succession, rather than holding them for a long time.
5. Modify the poses with props (blocks, chair, wall, belt, etc.) as necessary.
6. Remember to breath. Keep facial muscles, jaw, throat and abdomen relaxed.
7. Women should avoid inversions, strenuous standing poses and backbends during menses.
8. For details about how to practice the postures, consult *Light on Yoga: A Gem for Women*, *Yoga: The Iyengar Way*, or your teacher.



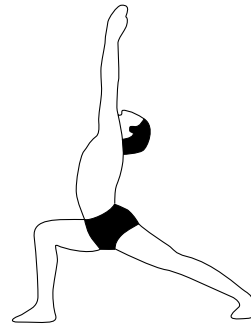
Tadasana
(Mountain)



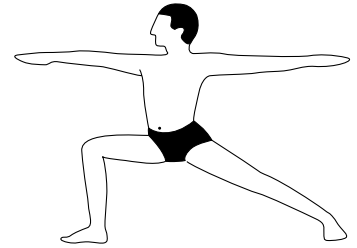
Utthita Trikonasana
(Triangle)



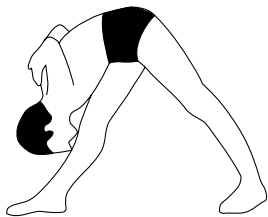
Utthita Parsvakonasana
(Extended Angle)



Virabhadrasana I
(Warrior I)



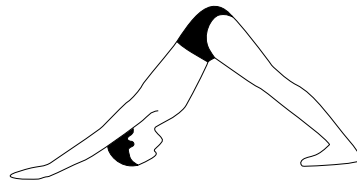
Virabhadrasana II I
(Warrior II)



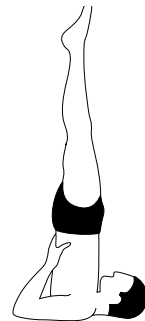
Parsvottanasana
(Intense Side Stretch)



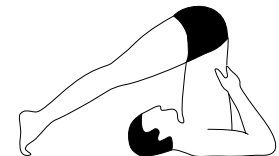
Uttanasana



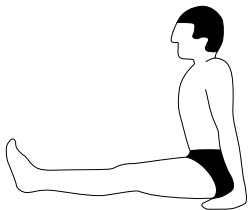
Adho Mukha
Svanasana (Downward Dog)



Salamba
Sarvangasana
(Shoulder Stand)



Halasana
(Plow Pose)



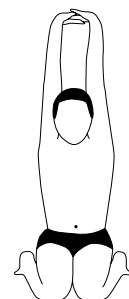
Dandasana



Janu Sirsasana



Pashcimottanasana
(Intensive Stretch of
the West)



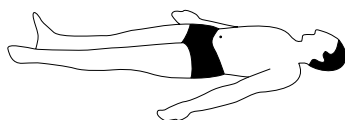
Virasana
(Hero)



Supta Virasana
(Reclining Hero)



Bharadvajasana



Savasana