

THE SEQUENCE OF YOGA PRACTICE

Beginning Relaxation in Corpse Pose

Savasana

Sit up Legs Crossed – OM/ Prayer or Affirmation

Breathing Exercises

Pranayama: Kapalabhati then Anuloma Viloma

Salutation to the Sun

Surya Namaskar

Corpse/ Leg Lifts

Headstand and/or Shoulderstand Cycle

Sirshasana and/or Sarvangasana

Fish (Lotus or Legs Straight)

Matsyasana

Sitting Head to Knees/ Inclined Plane

Paschimothanasana

Abdominal Corpse Pose/ Cobra/ Bow/ Locust

Bhujangasana/ Dhanurasana/ Salabhasana

Half Spinal Twist/Crow

Ardha Matsendrasana/ Kakasana

Triangle/Tree/ Half Moon/Handstand

Trikonasana

Mountain/ Rag Doll/ Squat

Final Relaxation in Corpse Pose

Sit up Legs Crossed – OM/ Prayer or Affirmation

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January 08