

**Personal Practice Sequence For Beginners
in the Iyengar Yoga Method**
from <https://cascade.yoga>



1. Tadasana



**2. Urdhva
Baddhanguliyasana**



**3. Utthita Hasta
Padasana**



**4. Parsva Hasta
Padasana**



**5. Paschima
Baddhanguliyasana**



6. Virabhadrasana II



**7. Utthita
Trikonasana**



8. Ardha Uttanasana



9. Vajrasana



**10. Parvatasana in
Vajrasana**



**11. Adho Mukha
Vajrasana**



12. Supta Tadasana



**13. Eka Pada
Pavanamuktasana**



**14. Dwi Pada
Pavanamuktasana**



**15. Legs Up The
Wall**



16. Savasana