A regular Iyengar practice will certainly ensure proper alignment, but bet you never thought you could actually learn to smile too!

LEVEL TWO builds upon the standing poses and adds more revolved poses and twists, forward bends, inversions, and the beginnings of back bends. Students also begin learning seated pranayama.

**Level 2 Sequence**

Tadasana
Gomukhasana
Pascima Namaskarasana
Uttita Trikonasana
Parsvottananasana (classic pose)
*Parivrtta Trikonasana
*Ardha Chandrasana
*Prasarita Padottanasana (I and II full poses)
*Sirsasana
Adho Mukha Virasana
*Adho Mukha Svanasana
*Ustrasana
Purvottanasana
Sarvangasana
*Halasana
Eka Pada Sarvangasana
*Bharadvajasana
Dandasana
Adho Mukha Virasana
Savasana
*poses shown

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*Parivrtta Trikonasana (Revolved Triangle Pose): Make sure the distance between your feet isn’t too short. Balance while fully rotating, extending your spine, and expanding your chest. Keep your buttocks and head in one line.

*Arda Chandrasana (Half Moon Pose): After you shift your weight to your right hand and right leg, lift your left leg and stretch your standing leg simultaneously. Try the pose with your back against the wall to solidify the alignment, extension, and opening of your chest.

*Prasarita Padottanasana (Wide-Legged Stretch Pose): The first stage of the pose emphasizes the concave back, which gives more spinal extension. In the second stage of the pose, the crown of your head rests on the floor or a support (a block or folded blankets).
Adho Mukha Svanasana (Downward Facing Dog): Stretch and extend from your hands to your buttocks and from your heels to your buttocks. Press down firmly with the palms of your hand, and extend your fingers evenly. Lift your thighs and push them back, keeping the backs of your knees open.

Sirsasana (Headstand): “The back of the head, the trunk, the back of the thighs, and the heels should be in a line perpendicular to the floor and not inclined to one side.” —BKS Iyengar.

Ustrasana (Camel Pose): The key to this pose is learning to fully open your chest and coil back over your trunk. Drop your head back only after you’ve totally opened your chest and shoulders. Fully lift your thighs to avoid lower back pain.

Halasana (Plow Pose): Beginners remain in Halasana for about 30 seconds, which increases up to 5 minutes for intermediate practitioners. In Halasana, the chest meets the chin in Jalandhara Bandha, an “energy lock” that’s beneficial to your breath and glandular system. Keep the back of your neck and throat free.

Bharadvajasana: Done on the floor, this pose intensifies the wringing action and is more challenging for students with less flexibility in the pelvic area. In the completed pose, the back arm clasps the forward biceps.