

SKILLFUL SEQUENCING

BY GERRY VISCO

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*.

For more information on Iyengar sequences, read *Light on Yoga* by B.K.S. Iyengar, *Yoga: A Gem For Women* by Geeta Iyengar, and *Yoga: The Iyengar Way* by Silva Mehta, Mira Mehta, and Shyam Mehta.

