

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 THREE intensifies the standing poses, twists, forward bends, and back bends, and students hold inversions for longer periods. Not just about doing difficult poses or physical tricks, this stage incorporates a profound intelligence and transformative method integrating the body with the mind, senses, and breath to create equanimity.

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.



Bharadvajasana II (Bharadvaja's Pose): Geeta S. Iyengar recommends that you place one leg in Virasana, one leg in Padmasana before you turn the spine laterally. In lateral rotations, lift your spine first, then turn your abdomen, then your chest, and lastly your head. Move your shoulder blades in and up to help the rotation.

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Setu Bandha Sarvangasana with Eka Pada variations (Bridge Pose with One-Footed variations): Begin in Salamba Sarvangasana. To lessen the pressure on your elbows and wrists, stretch your back body toward your neck, keeping your feet firmly on the ground.

