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.

Adho Mukha Svanasana
Tadasana
*Uttitha Trikonasana
Parivrtta Trikonasana
Ardha Chandrasana
Parivrtta Ardha Chandrasana
*Virabhadrasana I and III
*Adho Mukha Vrksasana
*Pinca Mayurasana
Sirsasana
Parsva Sirsasana
*Back Bend over chair
*Urdhva Dhanurasana (w/Eka Pada variations)
Dwi Pada Viparita Dandasana (w/ Eka Pada variations)
Adho Mukha Svanasana/Uttanasana/Parsva Uttanasana
*Bharadvajasana II
Sarvangasana/Halasana
*Setu Bandha Sarvangasana (w/ Eka Pada variation)
Halasana
Pascimottanasana
Savasana
*poses shown

Uttitha Trikonasana (Extended Triangle Pose): In Iyengar yoga, we jump into this pose from Uttitha Hasta Padangustasana (or stop into it if there’s an injury). You can hold the pose from 30 seconds to a minute or more on each side.

Virabhadrasana III (Warrior III Pose): Geeta S. Iyengar recommends concentrating as you balance. “If the body wavers, the mind wavers and if the mind wavers, the body wavers,” she says. If balancing is difficult, do Virabhadrasana III with your fingertips touching the wall.
Adho Mukha Vrksasana (Handstand): This pose is an inverted Tadasana with the same alignment. Learn this pose at the wall at first, then later in the middle of the room. The higher your hips, the easier it is to get up. The leg you kick up with remains perfectly straight. Maintain a practice of alternating the “kick-up” leg to keep your body in balance.

Pincha Mayurasana (Forearm Stand): Practice this against a wall to get your balance, then, after you’re more steady, do the pose in the middle of the room.

Back Bend over the chair: This is the preparation for Dwi Pada Viparita Dandasana. Practice either with the toes up the wall or in the middle of the room. Wrap a strap around your thighs. With a bolster supporting the crown of the head, it’s restorative.

Urdhva Dhanurasana (Upward Facing Bow Pose): “To get a better stretch, exhale and pull your thigh muscles still higher by lifting your heels off the floor.” —BKS Iyengar.

“Extend the chest, stretch up the sacral region of the spine until the abdomen is taut as a drum, and then lower the heels to the floor, maintaining the stretch of the spine.”
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.