

Iyengar's Light on Yoga Course

A table to accompany the audio sequence available at www.audioposes.com

Use this table to orient yourself to this week's practice. All *Plate Numbers* refer to those from Iyengar's *Light on Yoga*, a book you should own. Look up each pose in the book and read through Iyengar's description if you've never done it before.

5th and 6th Weeks

Plate	Pose (Sanskrit)	Pose (English)	Time
4 & 5	Utthita Trikonasana	Triangle	45 seconds each side
8 & 9	Utthita Parsvakonasana	Side Angle	45 seconds each side
14	Virabhadrasana I	Warrior 1	30 seconds each side
15	Virabhadrasana II	Warrior 2	30 seconds each side
6 & 7	Parivrtta Trikonasana	Revolved Triangle	30 seconds each side
26	Parsvottanasana	Runners Stretch	30 seconds each side
33 & 34	Prasarita Padottanasana	Extended Leg Forward Bend	30 seconds
276 & 279	Urdhva Prasarita Padasana	Upright Extended Foot	20 seconds each position
78	Paripooma Navasana	Boat	30 seconds
79	Ardha Navasana	Half Boat	30 seconds
223	Salamba Sarvangasana	Shoulder Stand	5 minutes to 10 minutes
244	Halasana	Plow	1 minute to 5 minutes
592 & Section		Corpse with 5 minutes Ujjayi	15 minutes to 20 minutes

A small little idea from the folks at You Will Not Believe & Pomelo