

# Iyengar's Light on Yoga Course

A table to accompany the audio sequence available at [www.audioposes.com](http://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.

## 7th Week

Plate	Pose (Sanskrit)	Pose (English)	Time
1	Tadasana	Mountain	1 minute
2	Vrksasana	Tree	35 seconds each side
4 & 5	Utthita Trikonasana	Triangle	1 minute each side
8 & 9	Utthita Parsvakonasana	Side Angle	1 minute each side
14	Virabhadrasana I	Warrior 1	35 seconds each side
15	Virabhadrasana II	Warrior 2	35 seconds each side
6 & 7	Parivrtta Trikonasana	Revolved Triangle	35 seconds each side
26	Parsvottanasana	Runners Stretch	35 seconds each side
33 & 34	Prasarita Padottanasana	Extended Leg Forward Bend	35 seconds
276 & 279	Urdhva Prasarita Padasana	Upright Extended Foot	30 seconds each position
78	Paripoorna Navasana	Boat	40 seconds
79	Ardha Navasana	Half Boat	40 seconds
223	Salamba Sarvangasana	Shoulder Stand	5 minutes to 10 minutes
			minute to 5 minutes
			5 minutes to 20 minutes
			minutes

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