

Practice: International Yoga Day

-- Geeta S Iyengar

Dear Fellow Practitioners,

We are all yoga *sādhakās* and *sādhanā* is our very breath, our *prāna*.

The United Nations has declared 21st June as the International Yoga Day, which will be celebrated all over the world.

For us every day is yoga day. However to respect this special day [the concept of which was suggested by Guruji] in a talk in Bangalore sometime in 2011-2012, to respect Guruji, we have thought of a special practice programme for this day. Many students from across the world approached me if they could have a special sequence of practice for this day... the solstice. This happens to be a Sunday, a holiday, in most parts of the world. So, here are some suggestions on what you can practice. This is for the regular practitioners.

Invocation

- Invocation to Sage Patanjali
- Invocation to Guru

Āsana practice



01. *Tādāsana*
02. *Namaskārāsana*
03. *Urdhva Hastāsana*
04. *Uttānāsana*
05. *Adho Mukha Śvānāsana*

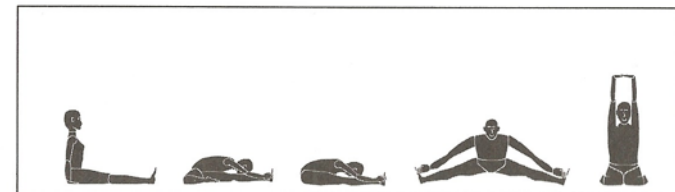
06. *Urdhva Mukha Śvānāsana*
07. *Uttānāsana*
08. *Tādāsana*

Standing Āsana

09. *Utthita Trikonāsana*
10. *Utthita Pārśva Konāsana*
11. *Virbhadrāsana-I*
12. *Parivritta Trikonāsana*
13. *Pārsvottanāsana*
14. *Pasārīta Padottanāsana*



15. *Dandāsana*
16. *Jānu Śīrsāsana*
17. *Paschimottanāsana*
18. *Adho Mukha Upavishta Konāsana*
19. *Virāsana – Parvatāsana*



20. *Swastikāsana – Parvatāsana*

21. *Pārśva Dandāsana*



22. *Bhradvajāśana*

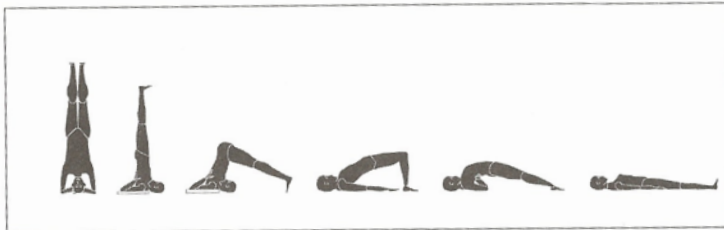
23. *Marichyāsana*

24. *Urdhva Mukha Svānāsana*

25. *Dhanurāsana*

26. *Ustrāsana*

27. *Adho Mukha Śvānāsana*



28. *Śirṣāsana*

29. *Sarvāṅgāsana*

30. *Halāsana*

31. *Chatuśpādāsana*

32. *Setu Bandha Sarvāṅgāsana*

33. *Śavāsana*

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