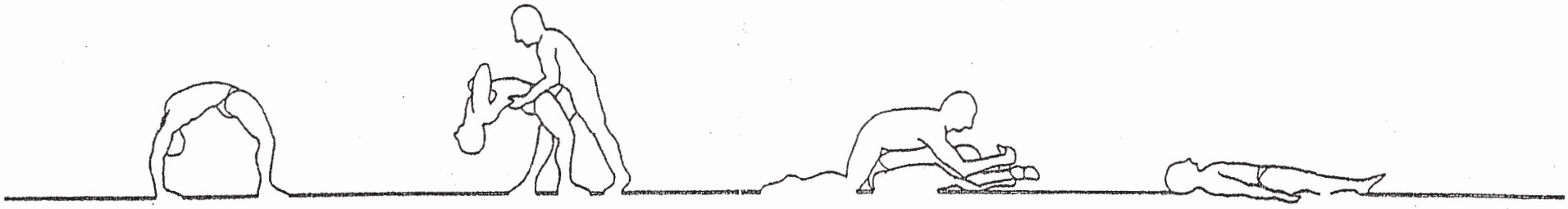
AS TAUGHT BY SHRI K PATTABHI JOIS
Mysore 1993
DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN

BACK BENDING



URDHVA DANURASANA
5 breaths repeat x3
Nasagra

BACK BENDING

PASHIMATANASANA
15 breaths +

LIE DOWN
5 breaths

FINISHING ASANAS

SAVANGASANA
25 breaths
Nasagra

HALASANA
10 breaths

KARNAPIDASANA
10 breaths

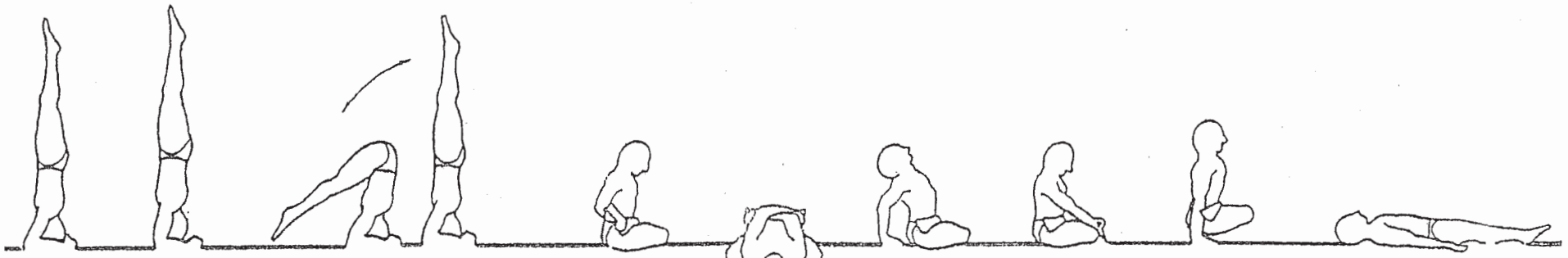
URDVA
PADMASANA

PINDASANA
10 breaths

MATHSYSANA
10 breaths

UTHANAPADASANA
10 breaths

CHAKRASANA



SHEERASHASANA
25 breaths
Nasagra

Lift

BADDHAPADMASANA
10 breaths
Nasagra

YOGAMUDRA
10 breaths
Nasagra

10 breaths
Broomadhya

PADAMASANA
25 breaths
Nasagra

UTTPLUTHI
25 breaths
Nasagra

TAKE REST