

Upbeat Movement: **INTRO I/II SEQUENCE**

by Dawn Baurichter

This sequence is upbeat to practice quick yoga movement, influenced by Abhijata Iyengar's teachings at the IYNAUS Dallas Convention, April 2019.

1. Ūrdhva Prasārita Padāsana to Supta Padanguṣṭhāsana 1 & 2. Hands outstretched on floor. Quick movements with and without a belt. Hands on thigh, classic pose.
2. Chaturaṅga Daṇḍāsana to Śalabāsana - alternate between poses, repeat 3-5 times. Observe the lift of the back body in each pose.
3. Tāḍāsana to Utkaṭāsana with arm variations: palms face forward, toward each other, interlaced. Press the feet to ground the lower body. Press the thighs back and use the arms to lengthen the side body. Observe your ability to maintain the actions with the arm variations and a simple bending and straightening the legs.
4. Trikoṇāsana – Do all standing poses in fast succession without arms extended then with arms extended. Observe the difference in the body and the mind.
5. Vīrabhadrāsana 2
6. Pārśvakoṇāsana
7. Vīrabhadrāsana 1
8. Pārśvottānāsana
9. Prasārita Pādottānāsana
10. Upaviṣṭha Koṇāsana to Baddha Koṇāsana – press through the inner heels in each pose. Alternate between legs straight and knees bent on the floor several times.
11. Jānu Śīrṣāsana – press leg and foot and reach arms overhead. Bring hands to foot, shin or calf. Use arm movements to lengthen the torso and side body that creates lift in the chest to lengthen past the shin.
12. Leg swing to Halāsana feet on the chair. Emphasizing the motion of the swing.
13. Halāsana to Sarvāṅgāsana. Reach the inner heels toward the ceiling by pressing the belted arms with to lift the side chest. Sacrum in to take thighs back. 5-minute hold
14. Śavāsana



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I have been an Iyengar Yoga student for 7 years. I study in Cincinnati, OH with Aaron Fleming. I am the treasurer of IYAMW and am working towards Introductory I/II teacher certification. I enjoy Iyengar Yoga because it is teaching me many things, but in this moment, it is especially teaching me clarity in my practice so that I can teach from my experiential learning.