



5th INTERNATIONAL DAY OF YOGA – JUNE 21, 2019

Geetaji provided us the 'sequences' of asanas and pranayama to be practiced for the first three yoga days and the world wide Iyengar Yoga family joined in these practices. Geetaji's entire life was devoted to Guruji, his teaching and to retain the purity of the subject of yoga. She did not deviate from his teachings and this yoga day is a reminder to us not deviate from the path shown to us by Guruji. As Iyengar Yoga practitioners we belong to varied nationalities, all ages, both genders and variable health but there is no variation in our love for our dear Geetaji whose presence we miss intensely.

Let this 5th International Day of Yoga be a tribute to our dear Geetaji. As she would say, "Don't do mechanically." Let us now practice with an open heart with Guruji and Geetaji in our chest just as Lord Hanuman had "Lord Rama and Sita" in his.

Tadasana
Urdhva Namaskarasana
Namaskarasana
Uttanasana – concave back
Adho Mukha Svanasana
Paschim Namaskarasana
Parsvottanasana with Paschim Namaskarasana
Virabhadrasana I
Virabhadrasana III
Parsvotanasana
Prasaritta Padottanasana
Dandasana
Upavistha Konasana
Baddha Konasana
Virasana
Supta Virasana
Sirsasana
Viparita Dandasana
Setu Bandha Sarvangasana
Sarvangasana
Viparita Karani
Savasana – Ujjayi Pranayama i
Savasana Viloma pranayama 1

We have to get sthirata and sukhata in the asanas so, if needed and depending upon our health status – we may of course use props.