

**Iyengar Yoga**

**Short Morning  
Practice**

**March 2022**

## Short Morning Yoga Practice

### Tadasana - Mountain Pose



Stand with the feet together - this can be done standing with your back to a wall  
Broaden the soles and heels of the feet

Grip the kneecaps to the joint and lift the gripped kneecap

Lift the spine and chest  
Roll the shoulders to be in line with the hips

Broaden the upper chest and collar bones  
Stretch down the arms "through the fingers"

Quieten the senses - let the eye & ears move back

Relax the tongue and throat  
Hold 30secs - 1min and breathe as evenly as possible

### Utkatasana - Fierce or Lightning Bolt Pose



Stand about 20cm from the wall with the feet together  
Broaden the soles and heels of the feet  
Inhale and raise the arms above the head

Exhale and bend the knees so the back of the buttocks touch the wall  
Heels stay grounded

Lift the spine from the tailbone to the base of the skull  
Hold the spine in the same diagonal as the lower legs

Quieten the senses - let the eye & ears move back  
Relax the tongue and throat  
Hold 110 - 20secs - breathe as evenly as possible  
Repeat 2-3 times

### A.M. Svanasana - Down-Facing Dog Pose



Kneel on the ground hands under the shoulders & knees under the hips  
Tuck the toes forward (ie on the hands and knees)

Exhale and straighten the legs & broaden the soles of the feet  
Hold the legs and arms straight  
Breathe smoothly

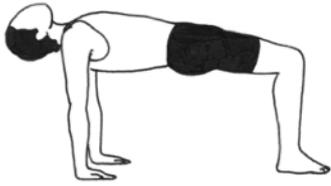
Straighten the legs and stretch the thighs backwards away from the head  
Straighten the arms - broaden the palms and relax the neck  
Lengthen the spine from the neck to the tailbone and from the neck to the head

Relax the senses - tongue, eyes & ears quietening  
Hold 20secs - breathe as evenly as possible - Repeat 2-3 times

## Short Morning Yoga Practice

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### Bent Leg Porvottanasana - Table-Top Pose



Sit on the ground with the legs straight and spine lifted vertically  
Then place hands back from hips 5-10cm)

Bend the legs & place the feet hip width, where the knees were.  
Inhale and lift the whole back body so the front of the body is flat like a table

Press the heels & soles firmly down from the knees  
Broaden the palms on the ground and grip & lift the upper arm muscles

Hold 10-20secs and breathe as evenly as possible  
Repeat 2-3 times

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### Siddhasana - Meditation Pose

- not with knee injuries



Sit on a folded blanket with the legs straight and spine lifted vertically  
Bend the right leg and place the foot in front of the pelvis  
Then bend the left leg and place the foot in front of the right foot  
If possible "tick" the toes of the left foot over the back of the right lower leg

If this is painful or your knees hurt  
- then you can sit in a chair with the spine upright

Close the eyes & allow the face and senses to relax when exhaling  
Lightly hold the spine vertical - as you inhale feel the spine lift and chest open

Withdraw your senses to remain free from external distraction

Allow the mind & body to be still.  
Hold from 1min - 5mins

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### Savasana - Relaxation Pose



Lie down on your back, support the head with a blanket.  
A bolster under the knees will help to relax the lower back

Close the eyes & allow the whole body relax and settle.  
Let your body become heavy

Withdraw your senses to remain free from external distraction

Allow the mind & body to be still.  
Rest 5-10 mins.