

Miha Potocnik

# Home practice

Iyengar yoga





## General Instructions

While practicing, turn your attention inward and focus on the feeling of the body in the posture. Breathe normally through the nose. Do not hold your breath; breathe relaxed in every position.

- Work out in comfortable clothes and barefoot.
- Exercise in an empty stomach. It is not advisable to eat 2 or 3 hours before starting the practice.
- Use a compact and non-slippery gym mat or floor.
- During your menstrual period, practice the menstrual cycle sequence (see the sequence below).
- Do not practice if you have a high fever. Limit your practice only to regenerative asanas.
- Do not practice while directly exposed to the sun.

In standing poses, stay for 20 to 30 seconds in each side. Once your practice grows, you can stay longer. In forward bend / extensions, stay minimally for 1 minute and maximally for 5 minutes. In shoulder stand (Sarvangasana), stay at least 3 to 5 minutes and later with experience, you can stay up to 15 minutes. Regenerative asanas have an effect on the body after 5 minutes of staying in the position.

Above all, it is important that you listen to your body, work with feelings, and respect your limitations. Always start your practice with at a slow pace, carefully, and with an awareness of your condition in the moment. During practice, there must not be any pain in the joints. If you experience any pain, should be experienced in a wide area, i.e. throughout the muscles, than a small and concentrated area like the joints. Pain shouldn't be sharp, edgy or weight-bearing but wide, spread, similar to the sensation felt in the muscles after working out. If that is not the case, then you are doing something wrong.

These exercises are intended for people with no injuries or particular medical conditions that require special arrangements. These are designed for those who have previously attended a guided class by an experienced Iyengar yoga teacher. In the event of health problems, consult your teacher or your personal physician. As an author (Miha Potočnik), I do not take any responsibility for the problems or injuries that may arise from following the exercises in this book.

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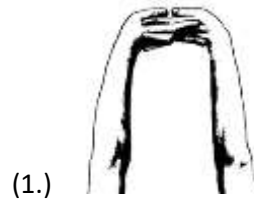
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## Waking up with yoga awareness

\*Start with laying on the floor or bed. Repeat each exercise at least two times.

**(1.)** Interlock the fingers, straighten the arms in front of you, palms pointing away from you. With inhalation, bring the arms up, hands pointing to the ceiling - stretch yourself from heels to the wrists.

After 10-20 seconds bring the arms back and change the interlocks. Repeat.



**(2.)** Bend the right leg, bring it towards the trunk, put it back and change the leg.

(a.) Bend the right leg, bring it toward the trunk, hold it with the opposite hand (left hand), and bring it down towards the left side. Repeat on the other side.



**(3.)** Bend and bring the right leg towards the trunk. Hold the big toe with your hand or the belt. Straighten the leg up.

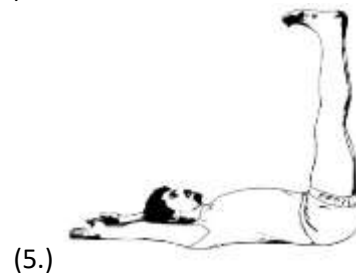
After 1 min, bring it down and change the leg.



**(4.)** Repeat (3) to bring the right leg up. Hold the toe with your hand or the belt. With the right arm, bring the right leg towards the right. Pelvis shouldn't tilt towards the right, support the right leg under thigh if needed. After 1 minute, bring the leg back and change the side.



**(5.)** Straighten the legs up, and place the arms beside the head. Back is straight on the floor, belly as soft as possible. With exhalation, bring the legs straight down and with inhalation, back up. Repeat few times, if this is too strenuous for you, just keep them straight up.



**(6.)** Bend the legs, bring the feet as close as possible towards the buttocks. Hold for the ankles or use a belt. Tuck the shoulders in and bring the hips as high as possible, chest towards the head. After a while, release down. Repeat a few times, and straighten the legs.



**(7.)** Lying on the floor/bed, cross the legs and release them. Hold the elbows and bring them beside the head. Wait for a while and then change the crossing of legs as well as holding of the elbows.



**(8.)** Kneel on the floor, big toes touching, knees apart. Keep the buttocks on the heels, bring the trunk between the thighs, lengthen forward. Observe the breath, stay aware.



**(9.)** Bring the pelvis above the knees, shoulders above the hands, tuck the toes under and straighten the legs back.



**(10.)** With inhalation, bring the pelvis down, chest forward, opening up. Legs are straight, above the floor (only in case of back pain, bend and bring the knees to the floor).



With exhalation you can come back to pose **(9.)** and further with inhalation to the pose **(10.)** etc. Finish with resting in **(8.)**

**(11.)** Stand upright, feet together, straighten the arms straight towards the ceiling. Bent the legs, come with the pelvis as low as possible, keeping the upper body lengthening up. After a while straighten back the legs, bring the arms down. Repeat.



**(12.)** Towards the wall put a high stool or something similar. Stand behind it, right hip pointing the wall, put right foot on the stool, trunk long and turn it to the right, bringing the left elbow over the right knee. Right hand on the wall, use the arms to twist. With inhalation become taller, use the exhalation to come deeper into turning. After 1 min, come out and change the side.



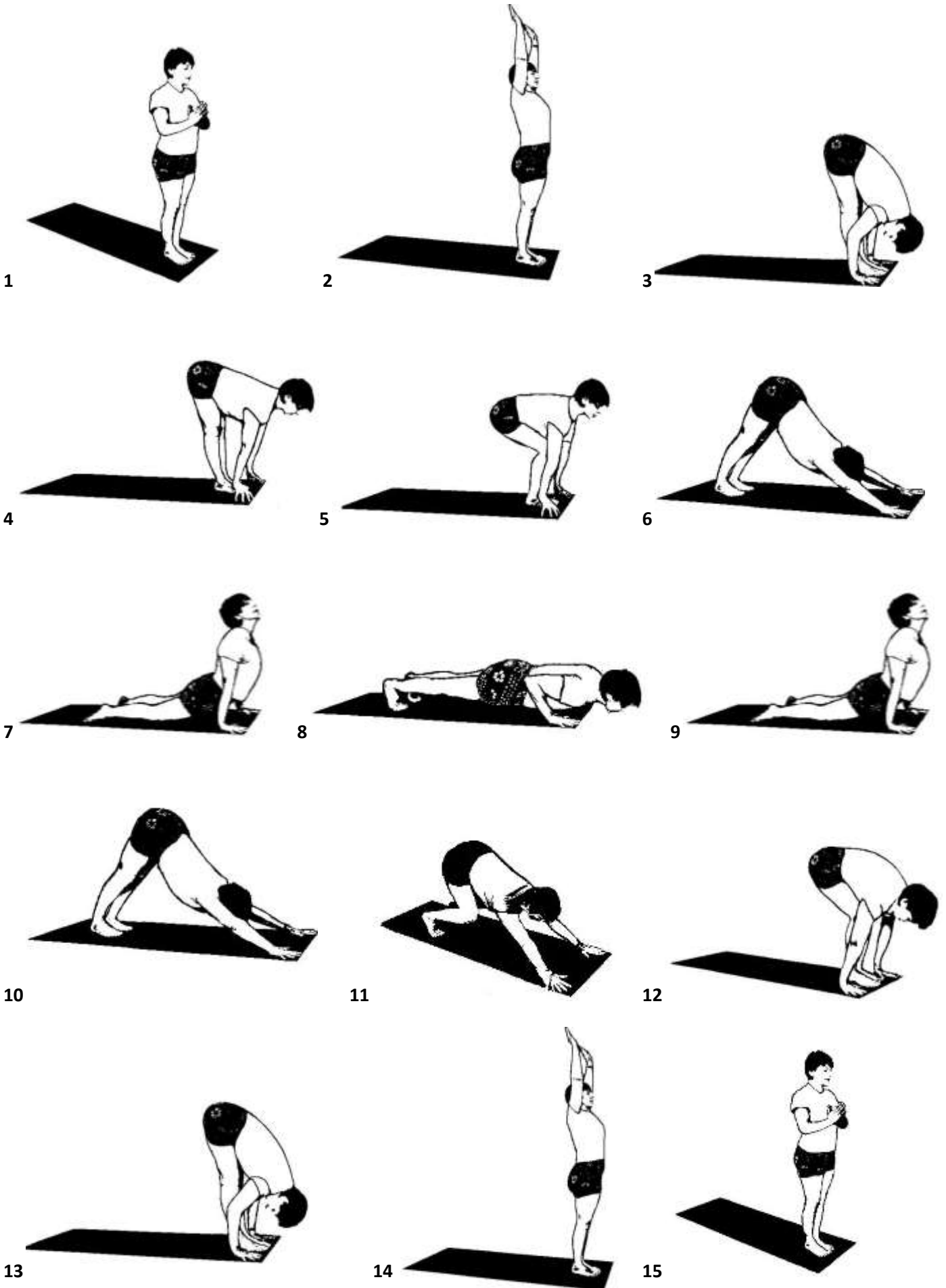
**(13.)** Sit at the side of the chair, straighten the arms, bring the trunk upward and then turn to the right towards the back of the chair. Hold it with both hands. With exhalation, use the arms to go deeper into the twist. After 30s come back and change the side.



**(14.)** Interlock the fingers, straighten the arms first in front yourself and then bring it up beside the head, palms pointing upward. After 30s release, change the interlock of the fingers and repeat.



# SURYA NAMASKAR / Sun salutation



1. ***Tadasana Namaskarasana***  
→ inhale, straighten the arms up →
2. ***Tadasana Urdhva hastasana***  
→ exhale, bend forward →
3. ***Uttanasana***  
→ inhale →
4. ***Uttanasana, concave back***
5. Bend the legs, bring the weight into the hands and with exhalation jump back into →
6. ***Adho mukha svanasana***  
→ inhale →
7. ***Urdhva mukha svanasana***  
→ exhale →
8. ***Chaturanga dandasana***  
→ inhale, straighten the arms →
9. ***Urdhva mukha svanasana***  
→ exhale →
10. ***Adho mukha svanasana***  
→ inhale →
11. Bend the legs, concave the back, with exhalation jump forward →
12. ***Uttanasano band legs*** →
13. ***Uttanasana***  
→ inhale →
14. ***Tadasana Urdhva hastasana***  
→ exhale →
15. ***Tadasana Namaskarasana***



## Basic Practice

1. Parvatasana



2. Baddhakonasana



14. Baradvajasana



15. Marichyasana I



3. Dandasana



4. Adho mukha svanasana



16. Chatus padasana



Urdhva mukha svanasana



6. Gamukhasana



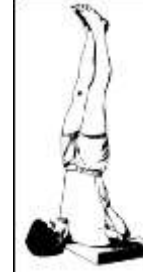
5. Tadasana



7. Vrksasana



18. Sarvangasana



19. Supta padangusthasana



20. Upavistha konasana



8. Trikonasana



9. Parsvakonasana



21. Triangaeka mukha eka pada paschimottanasana



22. Padangustha dandasana



10. Virabhadrasana II



11. Virabhadrasana I



12. Ardha uttanasana



13. Parsvottanasana



23. Viparita karani



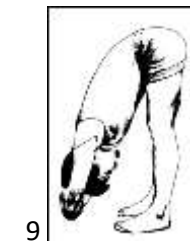
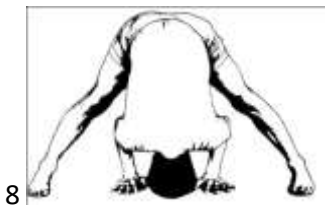
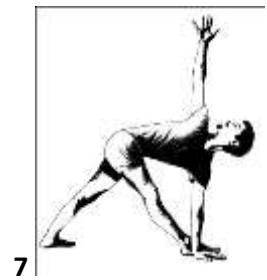
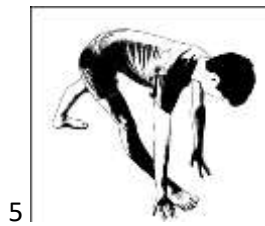
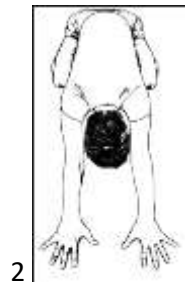
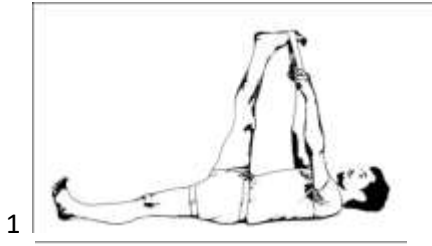
24. Setubandha sarvangasana



25. Savasana

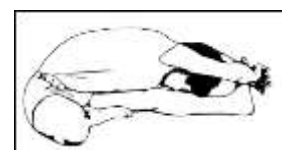
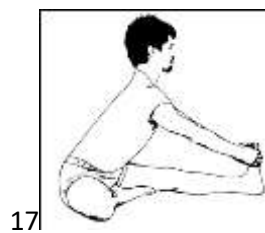
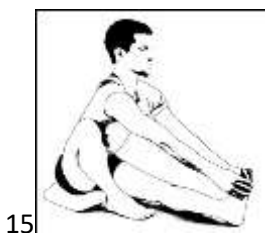
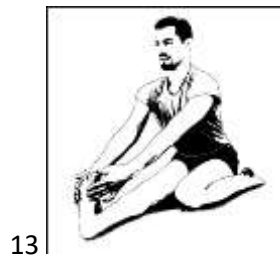
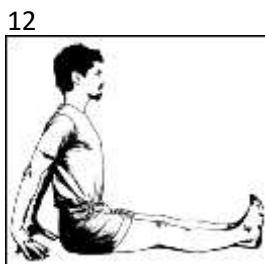
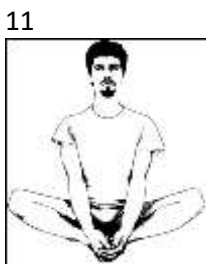


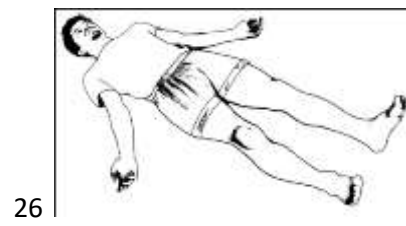
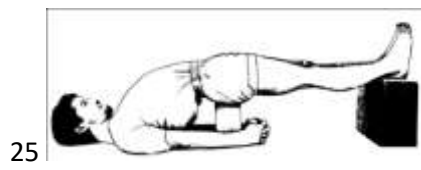
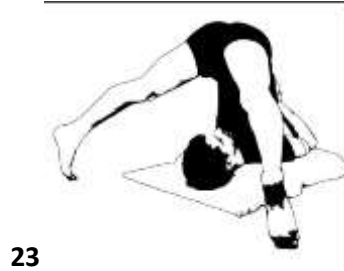
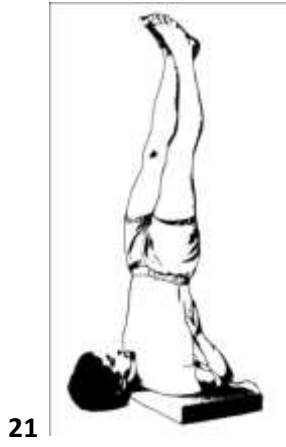
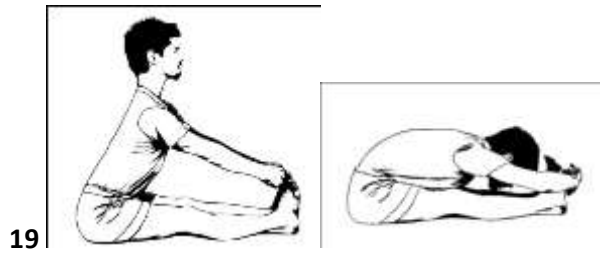
# Cooling practise - focus on forward bends



+ leaning back to the wall with buttocks

+ leaning forward to the wall, with back chest

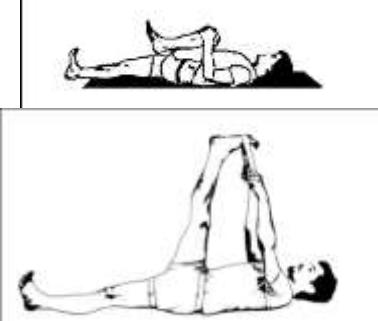




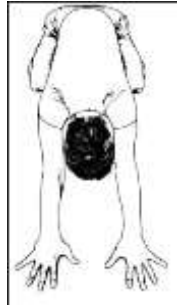
# Energising the spine

Sequence was made for people with (minor) back problems – consequences of irregular posture, bad working condition etc.

1.



2.



3.



4. Hands on the wall or shelf



5. two times both sides



6.



7. two times both sides



8. Hands on the wall or shelf



9.



10.



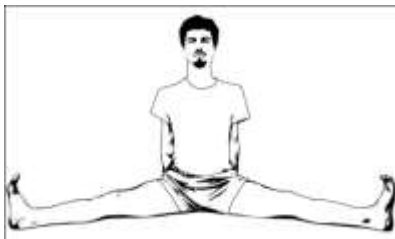
11.



12.



13.



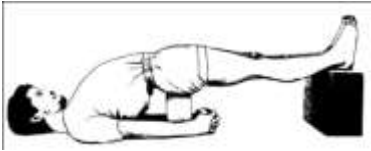
14.



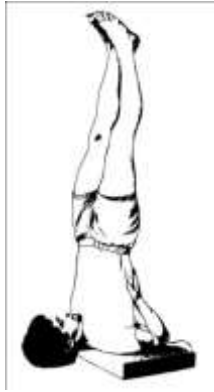
15.



16.



17.



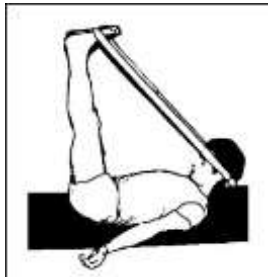
18. Feet supported



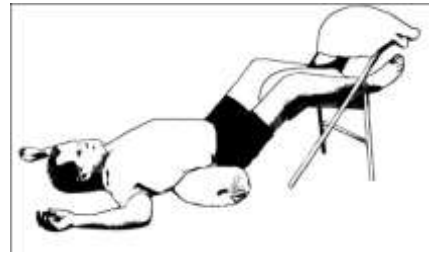
19.



20.



21. Pelvis supported, legs resting on stool



# Endurance & Energy

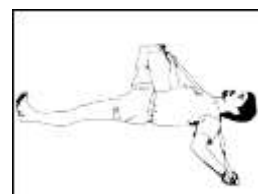


## Releasing the lower back pain

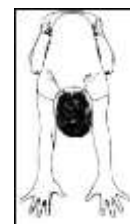
I made this sequence for my students who have pain in the lower back. It is not advisable to follow unless you are an experienced practitioner of Iyengar yoga. This cannot be done without a proper understanding of the right alignment. Pictures of the poses below are simply basic guidance; each pose needs to be adjusted for individual body conditions.

**Practice with caution and care!**

- **Supta padangusthasana I** – first with bend leg, then straight.
- **Supta padangusthasana II** - first with bend leg, then straight. Leg to the side should be supported high; the opposite hip touches the floor and pelvis leveled.



- **Pavanmuktanasana** arms straight forward (not shown in the picture).
- **Uttanasana** leaning on the wall, head and arm supported high enough so the spine is straight.
- **Adho mukha svanasana**, hands on the block or chair.
- **Adho mukha virasana**, trunk supported if needed.



- **Prasaritta padottanasana** concave, support under trunk if needed.
- **Parsvottanasana** concave.



- **Standing Marichyasana III** at the wall;
- **Uthita hasta padangusthasana I & II** foot supported.



- **Adho mukha sukhasana** - forwardbend & **Parsva** – forwardbend to the side.



- **Trikonasana, Virabhadrasana II, Parsvakonasana, Parivrtta Trikonasana**; with wall or chair support.



- **Baradvajasana** on chair. Repeat two times.



- **Urdhva prasarita padasana**, legs at the wall;
- **Urdhva prasarita padasana**, rope between head and feet.
- **Supta Baddhakonasana**, trunk and head supported.



- **Halasana** supported until the thighs if possible.
- **Sarvangasana** from chair.
- **Savasana**, lower back supported, legs resting on the chair.





## Apex Head Stand (Sirsasana) And Shoulder Stand (Sarvangasana)

1. **Tadasana**, 3 min



2. **Uttanasana**, head supported, 3 min



3. **Adho mukha svanasana**, head supported, 3 min



4. **Sirsasana**, 6 min



Practice this pose only if you feel comfortable. Otherwise, skip this and go into the next one (Dvipada...), where you can stay for 6 min.

5. **Dvipada viparita dandasana** on chair. Head all the way to the floor or supported. 3 min



6. **Adho mukha svanasana**, head supported, 3 min



7. **Uttanasana**, head supported, 3 min



8. **Tadasana**, 3 min



9. **Dandasana**, 3 min



10. **Paschimottasana**, head supported, 3 min



11. **Setubandha Sarvangasana**, 3 min



12. **Halasana**, 3 min



13. **Sarvangasana**, 6 min



14. **Halasana**, 3 min



15. **Setubandha Sarvangasana**, 3 min



16. **Paschimottasana**, head supported, 3 min



17. **Dandasana**, 3 min



### Savasana



Sequence was given by Laurie Blakeney. Practice of it improves immune system and work of hormones. It has cooling effect. But to be really effective its very important that the head is always supported and still.

## Practice during period

During menstruation, one should avoid inverted poses and poses that make the stomach tense and pelvic area closed. Twists and straneous standing poses should be avoided as well. One can practice forward bends, »suptas« and restorative poses. Sequence helps relief of the menstrual pain and other menstrual difficulties. Sequence below was made by Margaret Eckl.

\* Men can do this, too, for restorative purposes.

- **Adho mukha svanasana**

- Head supported
- Hands on bricks
- Feet in width of the mat



- **Uttanasana**

- Leaning back to the wall
- Head supported



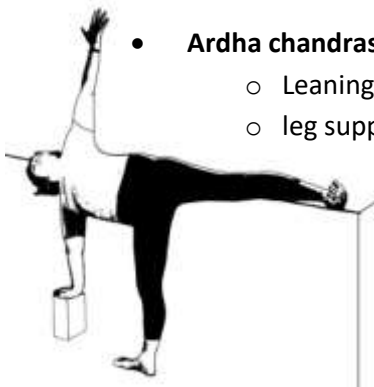
- **Uthita hasta padangusthasana II**

- Side leg is straight and on support or bend and on the chair



- **Ardha chandrasana**

- Leaning back to support
- leg supported



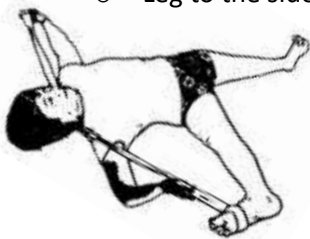
- **Prasarita padottanasana**

- Trunk supported (if needed)



- **Supta padangusthasana II**

- Leg to the side supported



- **Adho mukha virasana**

- Head and trunk supported





- **Parsva mukha svastikasana**
  - Head supported.

- **Svastikasana z parsvatasano**
  - Back to the wall



- **Janu sirshasana**
  - Head supported



- **Upavistha konasana**
  - Head supported



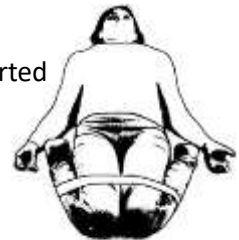
- **Baddhakonasana**
  - Head supported



- **Viparita dandasana,**
  - Supported (2 chairs)
  - Head supported



- **Supta virasana**
  - Trunk and head supported



- **Supta baddhakonasana**
  - Trunk supported with bolster
  - Neck supported with rolled blanket



- **Setubandha sarvangasana**
  - On cross bolsters



- **Pavamutanasana on chair**
  - Head supported



## Office yoga

Shorter (10-20 min) sequence for those staying a long time in the office or sitting for long hours.

1.

Make big circles with the neck. First one direction and then change into other.

2.



Cross the upper arms, bend elbows and bring palms together. Thumb face towards the head, hands between the eyes. Elbow should be in line with the shoulder, perpendicular to the forearms. After 30 seconds, change the interlock. Observe how it affects your shoulder blade area.

3.



Straighten the arms up in line with the ears, place palms facing each other. By lengthening the arms try to lengthen the side trunk.

4.



Interlock the fingers, straighten the arms in front and open the palms. Then bring the arm up all the way to the ears (if possible) palms facing ceiling. After 30s, release the arms and change the interlocks of the fingers.

5.



Bend the left arm, bring it behind between the shoulderblades. For the right arm, first straighten up, and then bend it and try to catch the left hand – if you cannot reach it use belt or something similar. Straighten the elbow of the right arm, while pulling the lower arm down. After 30 seconds, change the side.

6.



Sit at the side of the chair, straighten the arms and trunk upward and then turn to the right side towards the back of the chair. Hold it with the hands. With exhalation, use the arms to go deeper into the twist. After 1 minute, come back and change the side.

7.



Towards the wall put a high stool or something similar. Stand behind it, right hip pointing the wall, put right foot on the stool, trunk long and turn it to the right, bringing the left elbow over the right knee. Right hand on the wall, use the arms to twist. With inhalation become taller, use the exhalation to come deeper into turning. After 1 min, come out and change the side.

8.



Standing hip width bend forward and put the hands on the wall or on the shelf. Spine should be straight.

9.



Standing in the hip width, and bend forward all the way down. Hold for the elbows or put the hands on the floor.

If you cannot come much down, try the following version:



Lean back on the wall, support the head and arms in front of you. Spine should be as straight as possible.

10.



Sit on the chair and bend forward. With hands hold for the back legs of the chair, support the head (or it can just hang down).

### Observe the breath and relax

- Sit straight, and open the chest. If you are home or have a space, you can also lay down with support under the chest and head.
- Observe the breath, feel it. Observe how the breath is coming in, going out. Observe every breath. Calmly but persistently. When you drift away, just come back and observe. With calming the breath, everything calms down.
- After breath slows down, becomes calm and steady, after you become accustomed to it, incorporate your will & control: While inhaling, make it deeper and fuller, while keeping it soft and smooth. And while exhaling, prolong it by making it slower (with throat). Stay focused on the breath for the whole time. Be an observer than a doer.
- After a few minutes, return to normal breathing with no control. Simply observe the breath and sensation in the body.
- Go with your attention through the entire body and release wherever there are tensions. Let everything go.

# SEQUANCE MAKER

## STANDING POSES



Tadasana



Vrksasana



Utkatasana



Uthita trikonasana



Uthita Parsvakonasana



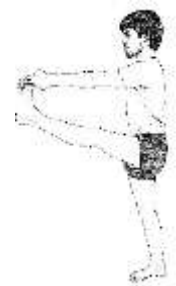
Virabhadrasana I



Vimanasana



Virabhadrasana I



Uthita Hasta Padangustasana



Ardha Chandrasana



Parivrtta trikonasana



Parivrtta parsvakonasana



Parighasana



Prasarita padottanasana



Parsvottanasana



Adho mukha svanasana



Malasana



Ardha Uttanasana



Uttanasana



Padangusthasana

## SITTING POSESE & FORWARDBENDS



Dandasana



Baddhakonasana



Upavistha konasana



Svastikasana



Siddhasana



Virasana



Adho mukha virasana



Padangustha Dandasana



Janu sirshasana



Trianga eka pada paschimottanasana



Pachimottanasana

## TWISTS



Baradvajasana na stolu



Baradvajasana I



Marichyasana I



Maricyasana stoječa



Marichyasana III

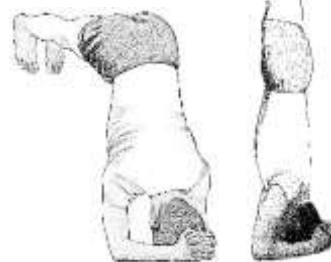
## INVERSIONS



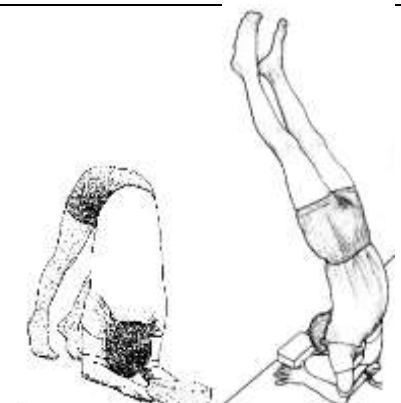
Urdhva Vrksasana



Sirsasana



Pincha Mayurasana





Sarvangasana



Eka pada sarvangasana



Parsva Ika pada sarvangasana



Sarvangasana na stolu



Setubandha sarvangasana



Halasana



Supta konasana



Karnapidasana

## BACKBENDS



Urdhva mukha svanasana



Bhujangasana



halabasana



Dhanurasana



Ustrasana



Chatus Padasana



Urdhva Dhanurasana



Dvipada viparita dandasana

## ABDOMINAL



Urdhva prasarita padasana



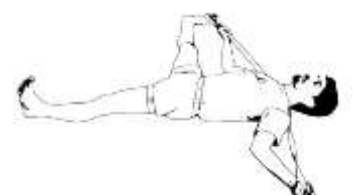
Paripurna navasana



Ardha navasana



Chaturanga dandasana



Supta padangusthasana I & II





Supta virasana



Supta baddhakonasana



Prekrižana bolstra



Dvipada viparita dandasana



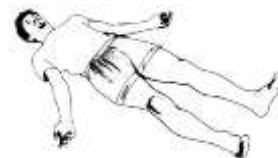
Setubandha Sarvangasana



Pavanmuktanasana



Viparita karani



Savasana

### Guidelines for sequencing:

- **Start with »warming up«**, yoga poses that activates, stimulates and at the same time centers you (for example Adho Mukha Svanasana, Adho Mukha Virasana, Uttanasana, Utkatasana, Vrksasana...). You can also do Sun Salutation/Surya Namaskar, when you want more dynamics.

Duration: 5 to 10 min.

- **Main part.** You can simply follow how the poses and sets of poses are given in this »SEQUENCE MAKING« part (Standing poses, Sitting poses...). You can just choose some poses from each set or you can all the practice focus on one set, depends on your preference and plan. Here are some example of choosing some sets:

- Standing, Inversions, Backbends;
- Standing, Forward bends, Twists, Inversions;
- Sitting and Forward Bends, Twists, Abdominal;
- Forward Bends and Inversions;
- Etc.

Always try to include Sirsasana in Sarvangasana (Head stand and Shoulder Stand). If you for different reason don't include then you can do alternative: Sirsasana - Ardha Sirsasana, Adho Mukha Svanasana, Prasaritta Padottanasana... and for Sarvangasana - Viparita Karani or/and Setubandha Sarvangasana. Sirsasana should always precede Sarvangasana and Sarvangasana or its variation should always be there if you have Sirsasana in the pose (there may be other poses between them).

Duration: Depending on the length of your planned practice; from 20 to 100 min

- **End with calming down.** One pose or more of them from Restorative set.

Duration: 10 to 15 min.

Later on, as you develop an understanding of the connections and similarities between poses, you can also jump within and between sets of poses, and not following the given order. In doing so, you take into account the nature of the individual pose and individual set of poses, such as activation, stimulation, centering, cooling, from simpler to more demanding, etc.