

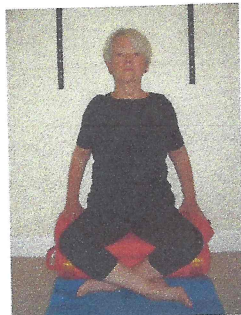
# IYENGAR YOGA

**NON-SPECIFIC BACK PAIN practice, also helpful for knee pain.**

## Timing in asana

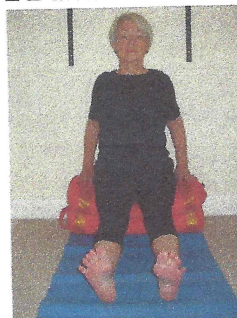
Repeat asana 1-15 at least twice, hold each side for 30 seconds. Repetition helps you realise you can get yourself out of pain. This sequence was taught in a class at the RIMYI, Pune, for those with back, knee and groin pain. (If you are unsure of how to follow this program, ask your Iyengar teacher or refer to a good Iyengar publication).

### 1 *Swastikasana*



*Sit on two bolsters or equivalent if possible, against a wall. Sit in **Swastikasana** (simple cross legs).*

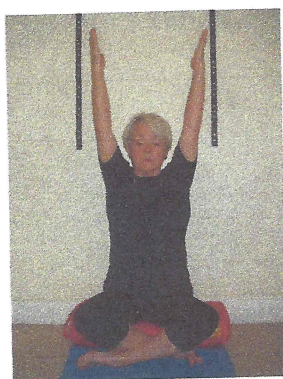
### 2 *Dandasana*



*Go to **Dandasana** – slide heels away, feet hip width, thighs down. Lift spine and chest.*

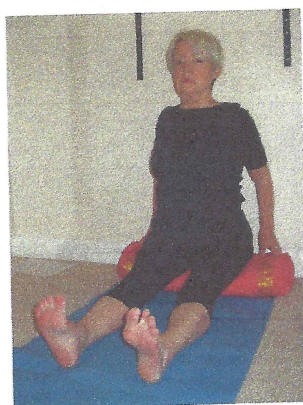
### 3 *Swastikasana Urdhva Hastasana*

Change to one bolster

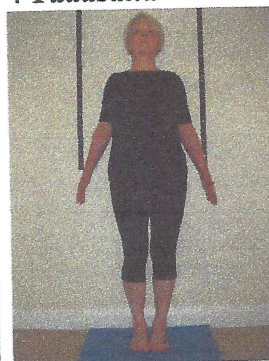


*Go to **Swastikasana** again, Raise your arms to **Urdhva Hastasana** – suck dorsal spine in, lift up and off the wall. Change cross of legs and repeat. **LIFT!***

*Now straighten the legs to **Dandasana** as above. Inner knees down, outer knees down. **LIFT** spine.*

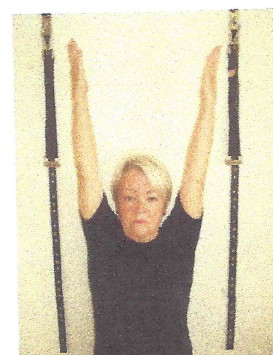


### 4 *Tadasana*

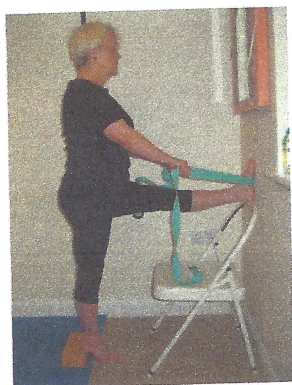


***Tadasana** – back to wall, lift chest and spine.*

### *Urdhva Hastasana*

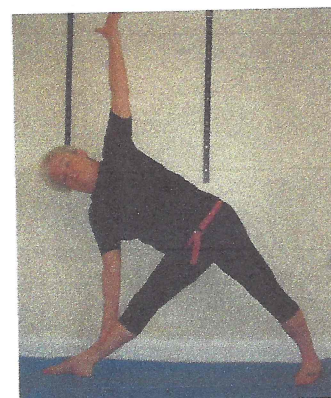


### 5 *Utthita Hasta Padangusthasana 1 (forwards)-*



*Use a chair, with the chair back to wall and support for the raised leg heel. Standing leg foot, heel on a brick, and belt around raised leg foot. OR stand on tiptoes. Repeat other side. **REPEAT WITHOUT BRICK FOR HEEL.***

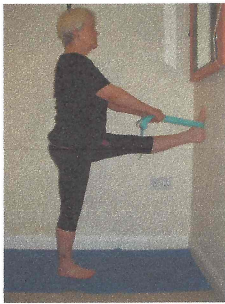
### 6 *Utthita Trikonasana*



***Back to wall.***



### 7 Utthita Hasta Padangusthasana 1 (forwards)



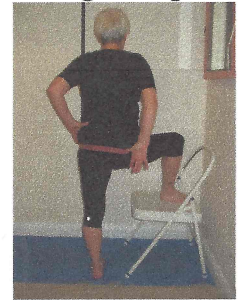
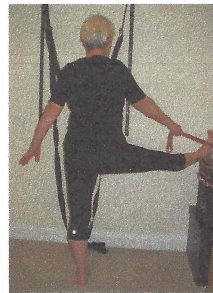
*If possible no chair support for raised foot. Push raised foot into the wall. Raised leg outer hip down.*



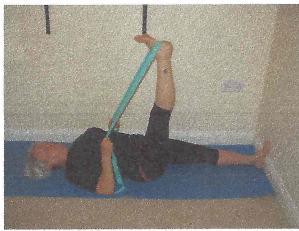
*If not possible do with bent leg as in photo.*

### 8 Utthita Hasta Padangusthasana 2 (to side)

*Plant raised foot into wall. Outer hip down. If not possible do with bent leg as in photo.*

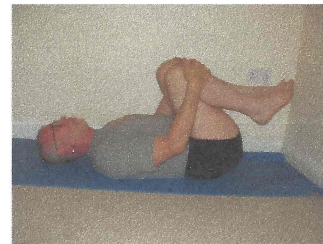


### 9 Supta Padangusthasana



*Lay down on the floor and place feet into the skirting. Maintain down leg foot into skirting, maintain alignment of the lower back on the floor. Open backs of knees. Place belt on arch of foot of raised Leg.*

### 10 Pawanmuktasana



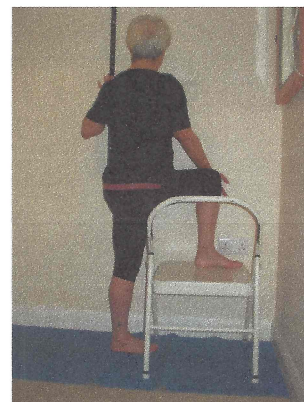
*Hug shins to backs of thighs.*

### 11 Bharadvajasana



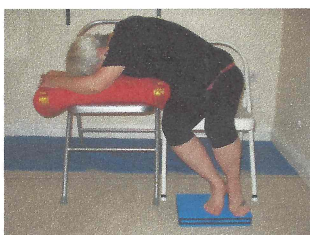
*Sit with right side into chair back. Take leg foot wider turn torso to right extend spine.*

### 12 Marichyasana with chair



*Seat of chair to wall. Raise leg near to wall and foot on seat. Standing (outer leg) straight with the thigh back. Extend spine and torso and revolve to wall.*

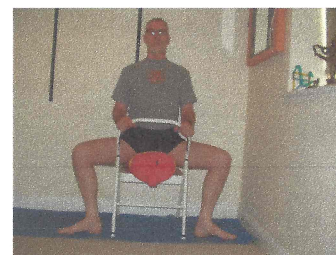
### 13 Pawanmuktasana



*Use two chairs or bench – sit on prop, thighs slanting down a little, bolster to right, lay torso along the bolster and turn the face, left torso to right. Extend along the bolster aim to keep knees forward*

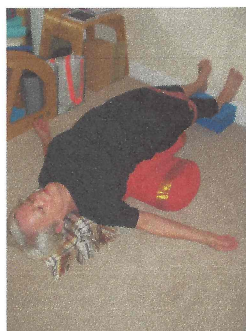
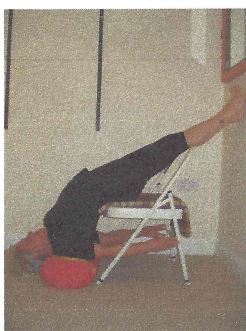
*facing.*

### 14 Sit astride a chair on a bolster

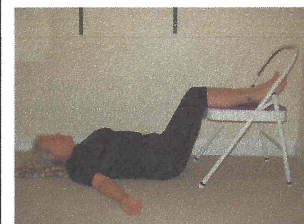


*Observe hips and groins. As in "Cabaret"!!*

### 15 Chair Sarvangasana or cross bolsters 5 minutes



### 16 Savasana



*Place backs of knees and calves on chair, support head and adjust shoulders, upper back, sacral region and buttocks. 5-10 minutes.*