2022

21 JUNE

International Day of Yoga 2022 - Yoga Sequence

108 ASANAS FOR INTERNATIONAL YOGA DAY 2022

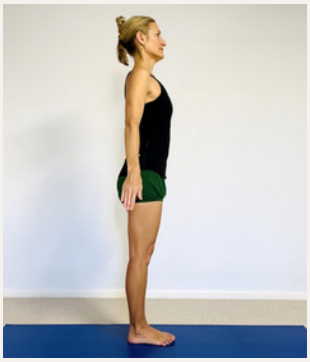
This sequence of 108 asanas is by Senior Teacher Fiona Rawson. Members of the IYA community have provided the photos as a guide for your practice.

108 is an auspicious number in India, and signifies spiritual completion in many religious traditions.

Disclaimer - The practitioner undertakes the sequence at own risk and assumes all responsibility for the management of any pre-existing conditions and assumes all responsibility for any injury that may be sustained as a result of practising the sequence. The practitioner releases the teacher(s) and Iyengar Yoga Australia from any and all liability claims that may emanate from practising this sequence.

Take support as necessary. (Wall, chair, blocks, belt). Practitioners with injury or who are menstruating or pregnant should adjust accordingly.

Although some of the standing asanas flow on to the next, take time in each asana to find steadiness and stay for approx 4 to 6 breaths on each side.



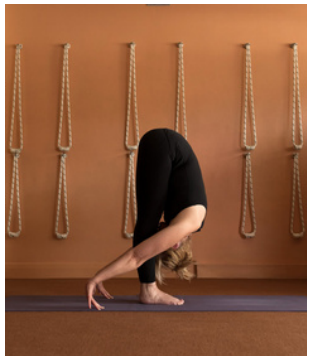
1. TADASANA



2. URDHVA HASTASANA



Bend knees to
3. UTKASANASANA



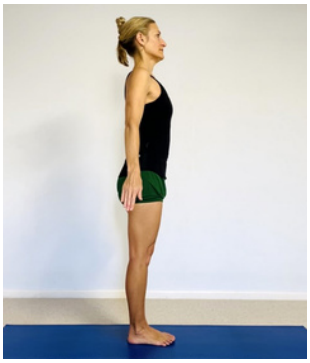
Straighten legs to
4. UTTANASANA



Bend knees and raise trunk to
5. UTKATASANA



6. URDHVA HASTASANA



7. TADASANA



8. VRKSASANA



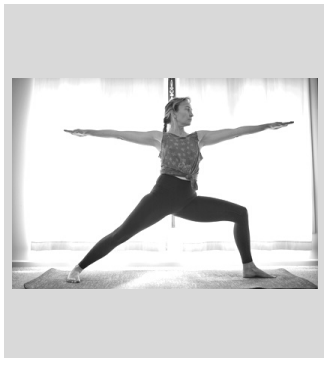
9. GARUDASANA



10. URDHVA
BADDHANGULIYASANA



11. UTTHITA
TRIKONASANA
Do Right side first.



Raise the trunk go to
12. VIRABHADRASANA II



13. UTTHITA PARSVAKONASANA
Raise the arm to the ceiling and move to



14. ARDHA CHANDRASANA

REPEAT 11 TO 14
Left side



15. UTTANASANA
Resting.



16. PARSVOTTANASANA
Concave spine.

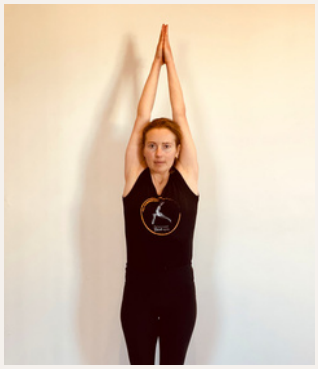


Bring the hand across to
17. PARIVRTTA TRIKONASANA
Right side



Move to
18. PARIVRTTA ARDHA CHANDRASANA

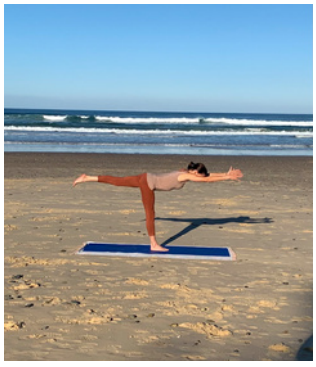
REPEAT 16 to 18
Left side



19. URDHVA NAMASKARASANA
in TADASANA



20. VIRABHADRASANA 1
Right side.



Extend torso along right thigh + move to 21. VIRABHADRASANA III
Right side.

REPEAT 19 TO 21
Left side



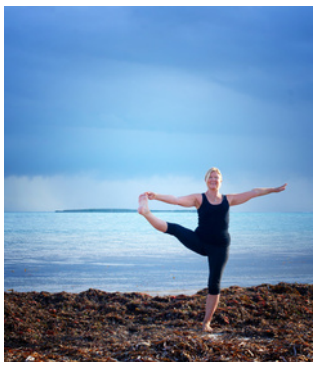
22. PASCHIMA NAMASKAR
in TADASASNA



23. PARSVOTTANASANA
Full pose



24. UTTHITA HASTA PADANGUSTHASANA
Right side to

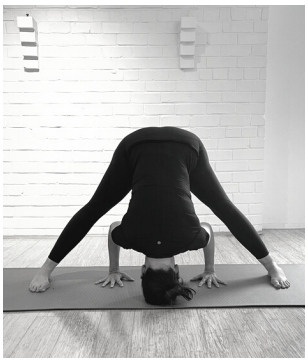


25. UTTHITA HASTA PADANGUSTHASANA 2
Right side



Re-centre move to
26. PARIVRTTA HASTA PADANGUSTHASANA Right side.

REPEAT 24 to 26
Left side



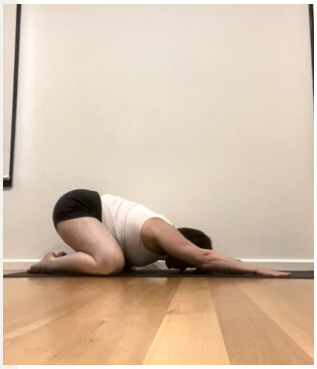
27. PRASARITA PADOTTANASANA Hands to the ground



28. PRASARITA PADOTTANASANA Hands in PASCHIMA NAMASKAR



29. UTTANASANA Full pose



30. ADHO MUKHA VIRASANA



31. ADHO MUKHA SVANASANA



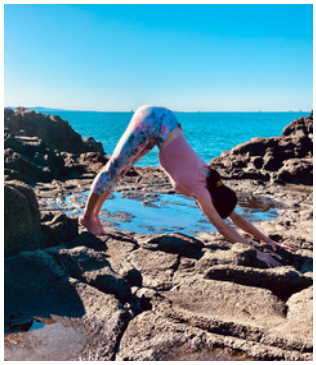
Step or jump to
32. UTTANASANA



Step or jump to
33. ADHO MUKHA SVANASANA



34. VASISTHASANA I (both sides)



35. ADHO MUKHA SVANASANA Step or jump to



36. UTTANASANA



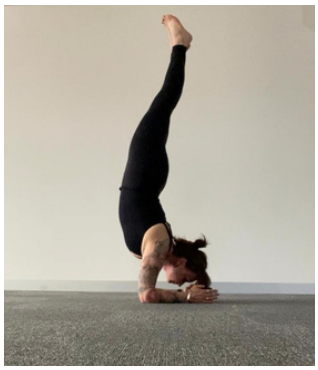
37 and 38 . ADHO MUKHA VRKSASANA



ADHO MUKHA VRKSASANA Kick up with the other leg.



39. ADHO MUKHA VRKSASANA Jump up with both legs.



40. PINCHAMAYURASANA



41. PINCHAMAYURASANA Kick up with the other leg .



42. SALAMBA SIRSASANA 3 mins



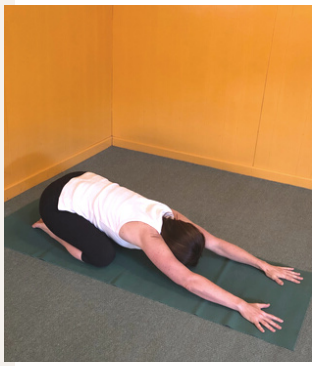
43. PARSVA SIRSASANA (both sides)



44. EKA PADA SIRSASANA (both sides)



45. URDHVA DANDASANA



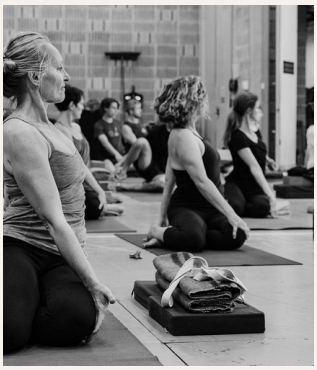
46. ADHO MUKHA VIRASANA



47. PARVARTASANA in VIRASANA



48. GOMUKASANA (both sides)



49. BHARADVAJASANA I (both sides)



50. MARICHYASANA III (both sides)



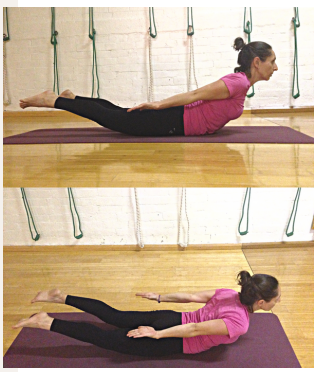
51. ARDHA MATSYENDRASANA (both sides)



Lie on the abdomen with head resting on forearms



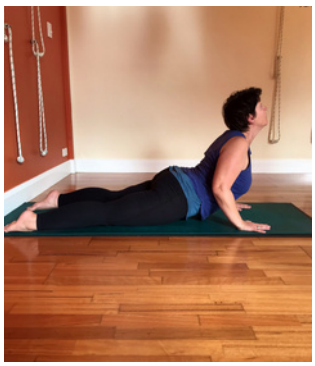
52. EKA PADA SALABHASANA with the head still resting (both sides)



53. SALABHASANA



54. MAKARASANA



55. BHUJANGASANA



56. BHUJANGASANA X 2



57. DHANURASANA



58. ARDHA BHEKASANA
(One leg at a time)



59. BHEKASANA



60. URDHVA MUKHA
SVANASANA
to



61. ADHO MUKHA
SVANASANA
to



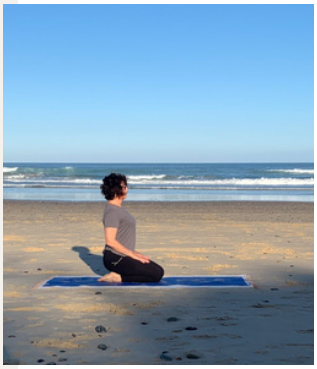
62. CHATURANGA
DANDASANA
to



63. URDHVA MUKHA
SVANASANA
to



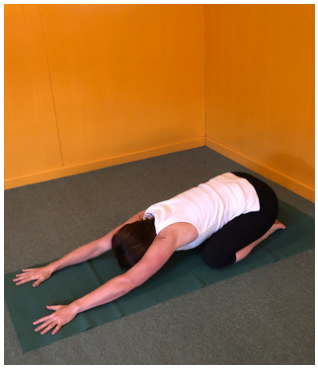
64. ADHO MUKHA SVANASANA



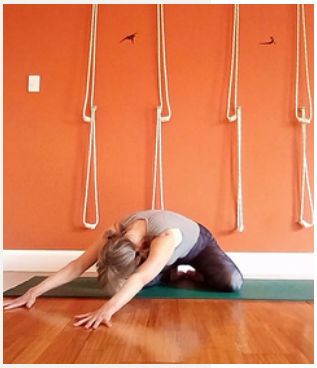
Bend knees to kneel in
65. VAJRASANA



66 and 67. USTRASANA x2



68. ADHO MUKHA
VIRASANA



69. PARSVA ADHO
MUKHA VIRASANA
(Forward over each leg)



70. SWASTIKASANA



71. BADDHA KONASANA



72. UBHAYA PADANGUSTHASANA to



73. PARIPURNA NAVASANA to



74. ARDHA NAVASANA to



75. ADHO MUKHA in SUKHASANA Right leg in front.



76. UBHAYA PADANGUSTHASANA to



77. PARIPURNA NAVASANA to



78. ARDHA NAVASANA to



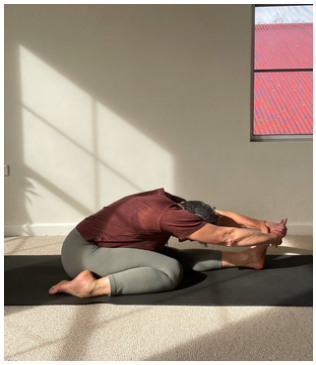
79. ADHO MUKHA in SUKHASANA Left leg in front.



80. DANDASANA



81. JANU SIRSASANA (both sides)



82. TRIANG MUKHAIKAPADA PASCHIMOTTANASANA (both sides)



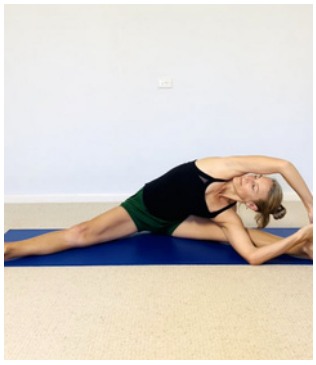
83. PASCHIMOTTANASANA



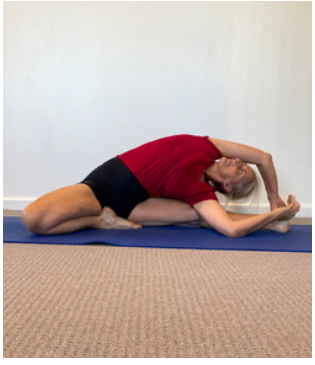
84. URDHVA HASTASANA in UPAVISTA KONASANA



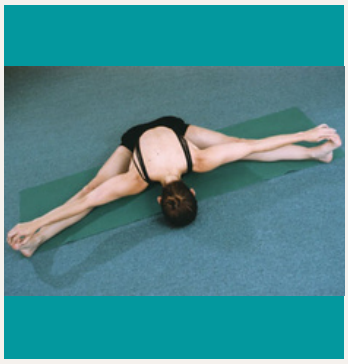
85. PARSVA UPAVISTAKONASANA (both sides)



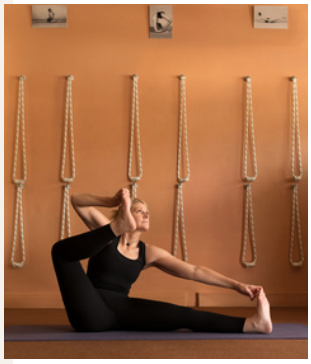
86. PARIVRTTA UPAVISTAKONASANAANA (both sides)



87. PARIVRTTA JANU SIRSASANA (both sides)



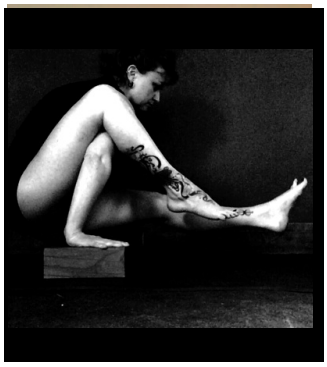
88. ADHO MUKHA UPAVISTAKONASANA



89. AKARNA DHANURASANA (both sides)



90. MARICHYASANA I (both sides)



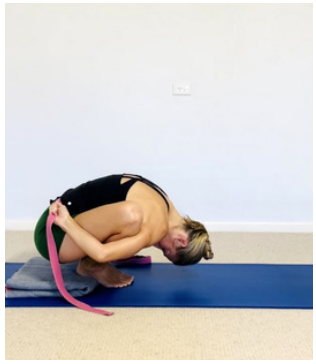
91. EKA HASTA BHUJAPIDASANA (both sides)



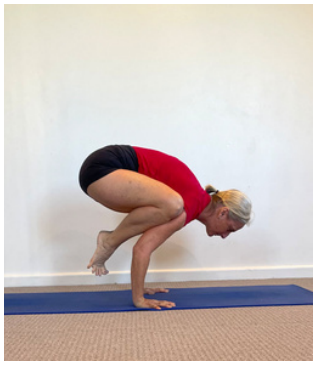
92. KURMASANA



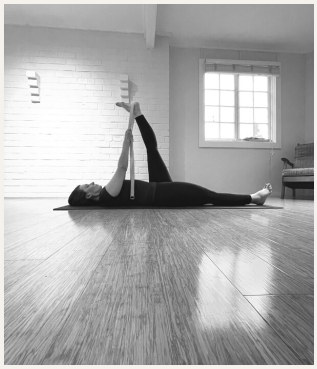
93. DWI HASTA BHUJAPIDASANA



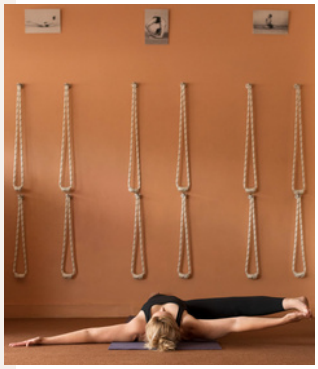
94. MALASANA



95. BAKASANA



96. SUPTA PADANGUSTHASANA I Right side to



97. SUPTA PADANGUSTHASANA II Right side to



98. SUPTA PADANGUSTHASANA III

REPEAT 96 TO 98
Left side.



99. URDVHA PRASARITA PADASANA



100.JATHARA PARIVARTANASANA



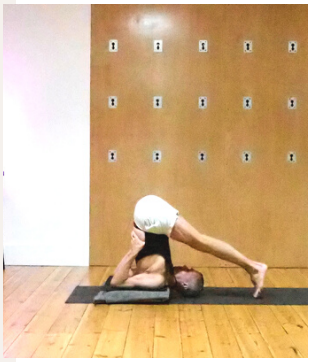
101.SALAMBA SARVANGASANA 3 mins



102.EKA PADA SARVANGASANA (both sides)



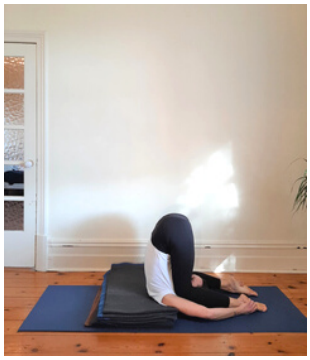
103.PARSVAIKA PADA
(both sides)



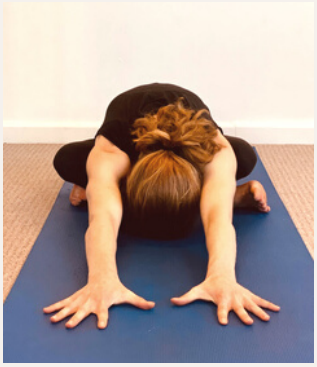
104.HALASANA



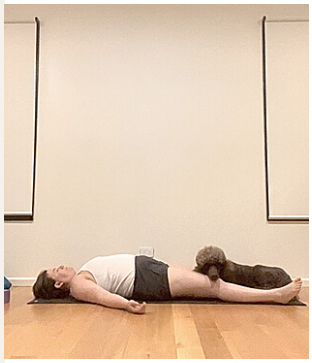
105.SUPTA KONASANA



106.KARNAPIDASANA



107.ADHO MUKHA
SUKHASANA



108.SAVASANA

Thanks to the IYA member community for responding to the call and generously providing the photos to illustrate the sequence.

With respect and gratitude for the teachings of Guruji BKS Iyengar, Geeta Iyengar, Prashant Iyengar and Abhijata Iyengar.

IYENGAR YOGA AUSTRALIA

2022

21 JUNE

2022 Theme: Yoga for humanity

The COVID-19 pandemic has been an unprecedented human tragedy. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions were introduced in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects.

People around the world embraced yoga to stay healthy, rejuvenate and to fight social isolation and depression during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

In addition to the human suffering, the COVID-19 pandemic has also highlighted several key vulnerabilities of the economic and developmental models of countries around the world. Future prosperity demands that the member states rebuild differently as they recover from the COVID-19 pandemic.

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."

From United Nations website.