



Association Française de Yoga IYENGAR®

83 Boulevard de Magenta

75010 Paris

Tél. : +33 (0)1 45 05 05 03

Courriel : contact@afyi.fr

Site Internet : www.yoga-iyengar.asso.fr

Séquence destinée aux pratiquants réguliers

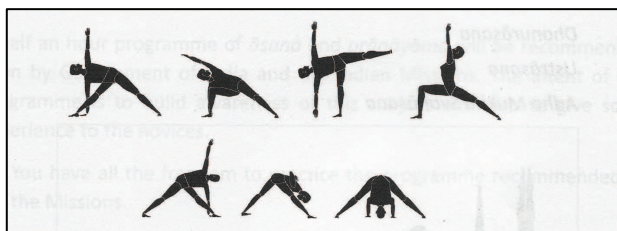
Invocations

- Invocation à Patanjali
- Invocation au Guru

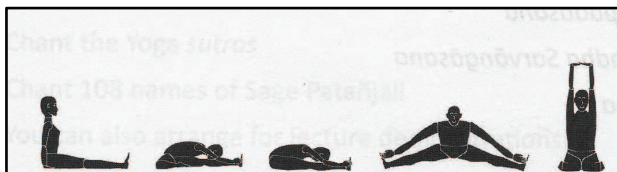
Asanas

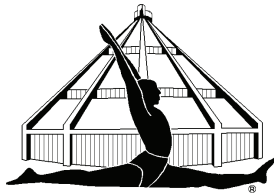


01. Tadasana
02. Namaskarasana
03. Urdhva Hastasana
04. Uttanasana
05. Adho Mukha Svanasana
06. Urdhva Mukha Svanasana
07. Uttanasana
08. Tadasana
09. Utthita Trikonasana
10. Utthita Parsva Konasana
11. Virabhadrasana I
12. Parivrta Trikonasana
13. Parsvottanasana
14. Prasarita Padottanasana



15. Dandasana
16. Janu Sirsasana
17. Paschimottanasana
18. Adho Mukha Upavishta Konasana
19. Virasana – Parvatasana





Association Française de Yoga IYENGAR®

83 Boulevard de Magenta

75010 Paris

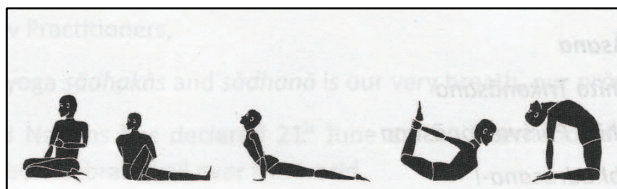
Tél. : +33 (0)1 45 05 05 03

Courriel : contact@afyi.fr

Site Internet : www.yoga-iyengar.asso.fr

20. Svastikasana – Parvatasana

21. Parsva Dandasana



22. Bharadvajasana I

23. Marichyasana I

24. Urdhva Mukha Svanasana

25. Dhanurasana

26. Ustrasana

27. Adho Mukha Svanasana



28. Sirsasana

29. Sarvangasana

30. Halasana

31. Chatushpadasana

32. Setu Bandha Sarvangasana

33. Savasana

Pranayama

- Pranayama en Savasana :
Ujjayi – 15 cycles
- Pranayama en Svastikasana ou en Virasana :
Ujjayi – 15 cycles
Viloma I – 8 cycles (Inspiration - rétention)
Viloma II – 8 cycles (Expiration- rétention)

Savasana

Méditation assise

Prières