

Chapter X: The Sequence of Learning and Practice

This last section gives the sequence in which the *āsana*-s described in the book can be learnt and practiced. The *āsana*-s and the sequence in which they have to be practiced every week, is given below. When there are empty spaces for a particular *āsana*, then it indicates that the same need not be practiced that week. If there are two numbers in the column for the same *āsana*, then it indicates that this *āsana* has to be performed twice. For example, 17, 19 for *Paschimottanāsana* in the 7th week indicates that *Paschimottanāsana* has to be the 17th as well as the 19th *āsana* to be performed in Week 7. It is important to maintain the sequence of *āsana*-s as has been listed as it is not the individual *āsana* but a consolidated practice of a group of *āsana*-s that brings about the desired effect on the practitioner.

S.No	Āsana	PAGE	Weeks							
			1st	2nd	3rd	4th	5th	6th	7th	8th
1	Samasthiti	14	1	1	1	1	1	1	1	1
2	Ūrdhva Hastāsana	16	2	2			2			
3	Ūrdhva Baddhānguliyāsana	17	3	3	2	2	3	2		
4	Namaskārāsana	18	4	4			4			
5	Ūrdhva Namaskārāsana from Ūrdhva Hastāsana	18	5	5			5			
6	Paschima Baddha Hastāsana						6	3		
7	Gomukhāsana	19					7	4		
8	Paschima Namaskārāsana	20					8	5		
9	Vrksāsana	21			3		9	6		
10	Utthita Hasta Pādāsana	26	6	6			11	8		
11	Parśva Hasta Pādāsana	27	7	7			12	9		
12	Utthita Trikonāsana	27	8	8	4	3	13	10	2	2
13	Virabhadrāsana II	28		9	5	4	14	11	3	
14	Utthita Parśvakonāsana	31-32		10	6	5	15	12		3
15	Vimānāsana	33				6	16	13	4	
16	Virabhadrāsana I	32				7	17	14		4
	turning the trunk	32			7					
	turning the trunk & bending the leg	33								
17	Ūtkatāsana	22-23			8	8	10	7		

S.No	Āsana	PAGE	Weeks										
			1st	2nd	3rd	4th	5 th	6th	7th	8th			
18	Parivṛta Trikonāsana	39											
	left hand inside of right foot	40									5		
	left hand on right ankle	40											5
19	Ardha Chandrāsana	35-36								15	6		6
20	Parśvōttānāsana	45								16			
	standing with concave back and hands on waist	45	9	11									
	hands down, head down	45-46		12	9	9							
21	Prasārita Padōttānāsana	47						18					
	concave back	47	10	13									
22	Adho Mukha Svanāsana	52						19	17		12		12
23	Uttanāsana	49				10					7		7
	Baddha Hasta Uttānāsana	49			10								
	concave back	50						20	18				
	feet together, concave back	51							19				
24	Pādāngushthāsana	51						21	20		8		8
25	Virāsana	60									9		9
26	Parvatāsana in Virāsana	61									10		10
27	Adho Mukha Virāsana										11		11
28	Urdhva Mukha Śvānāsana	99									13		13
29	Dandāsana	55	11	14							14		14
	Urdhva Hasta Dandāsana	56	12	15							15		15
	Pādāngushtha Dandāsana	56	13	16							16		16
30	Śirsāsana												
	Ardha Śirsāsana	81									20		20
31	Ardha Halāsana												
	swinging from floor to rest feet on the wall	86		17	11	11	22	21					
32	Eka Pada Sarvāngāsana	85					12	23	22		22		22
33	Sālamba Sarvāngāsana	84						24	23		21		21
34	Supta Konāsana	89									23		
35	Halāsana	88						25	24		24		23
36	Kamapidāsana	89						26	25		25		

Preliminary Course

123

S.No	Āsana	PAGE	Weeks										
			1st	2nd	3 rd	4th	5th	6th	7th	8th			
37	Paśchimōttānāsana	65											
38	Jānu Śirsāsana	65	14	18	12	13	27	26	17,19,26	17,19,24			
39	Setu Bandha Sarvāṅgāsana	114			13	14			18	18			
40	Śavāsana	116	15	19	14	15	28	27	27	25			

S.No	Āsana	PAGE	Weeks										
			9th	10th	11th	12th	13th	14th	15th	16th			
1	Samasthiti												
2	Ūrdhva Hastāsana	14	1	1	1	1	1	1	1	1	1	1	1
3	Ūrdhva Baddhāṅguliyāsana	16	2		2								
4	Utthita Trikonāsana	17		2		2							
5	Virabhadrāsana II	27	3	3	3	3	2	2	2	2	2	2	2
6	Utthita Parśvakonāsana	28	4	4	4	4							
7	Virabhadrāsana I	31-32	5	5	5	5	3	3	3	3	3	3	3
8	Virabhadrāsana III	32		6		6	4	4	4	4	4	4	4
9	Ardha Chandrāsana	37		7		7		5	5				
10	Parivṛta Trikonāsana	35-36	6		7	8		6	6				
11	Vimanāsana	39					5	7	7				
12	Uttānāsana	33					6	8					
13	Parśvōttānāsana	44	7	8	8	9		9					
14	Prasārita Pādōttānāsana	45	8	9	9	10	7						
15	Upaviṣṭha Konāsana	47	9	10	10	11	8	10	8	5			
16	Svastikāsana	58	10	11	11		15	18	15	13			
17	Parvatāsana in Svastikāsana	59	11	12		12							
18	Virāsana	60	12	13	12	13							
19	Parvatāsana in Virāsana	60	13	14	13								
20	Supta Virāsana	61						15		10			
21	Baddha Konāsana	11						16		11			
22	Supta Baddha Konāsana	57					13	17	13	12			
23	Gomukhāsana	111					14		14				
	only leg position	19	14	15	14								

S.No	Āsana	PAGE	Weeks							
			9th	10th	11th	12th	13 th	14 th	15th	16th
24	Bharadvājasana I only leg position	75-77			15	14	16	19	16	14
25	Sālamba Śirsāsana Urdhva Prasārita Eka Pāda Śirsāsana	81	15	16						
26	Adho Mukha Svanāsana	82	16	17						
27	Urdha Mukha Svanāsana	82	17	18	17	16	9	11	9	6
28	Chaturanga Dandāsana	99	18	19	18	17	10	12	10	
29	Dandāsana	98					11		11	7
30	Sālamba Sarvāṅgāsana	53					12	13	12	8
31	Eka Pāda Sarvāṅgāsana	84	19	20	19	18	18	21	18	16
32	Supta Konāsana	85	20		20	19				
33	Halāsana	89		21	21	20				
34	Karnapīdāsana	88	21	22	22	21	19	22	19	17
35	Supta Pādangusthāsana	89	22	23		22	20	23	20	18
36	Urdhva Prasārita Pādāsana	95					21	24	21	19
37	Paripurna Navāsana	93	23	24						
38	Jānu Śirsāsana	94			23	23		14		9
39	Paśchimōttānāsana	65	24	25	24	24	23	26	23	21
40	Śavāsana	65	25	26	25	25	22,24	25,27	22,24	20,22
		116	26	27	26	26	25	28	25	23

S.No	Āsana	PAGE	Weeks							
			17th	18th	19th	20th	21st	22nd	23rd	24th
1	Samasthiti	14	1	1	1	1	1	1	1	1
2	Ūrdhva Hastāsana	16	2		2		2	2	2	2
3	Ūrdhva Baddhāṅguliyāsana	17	3		3		3	3	3	3
4	Gomukhāsana	19	4	2	4	2				
5	Paśchima Baddha Hastāsana		5	3	5	3				
6	Paśchima Namaskārāsana	20	6		6					
7	Vrksāsana	21	7	8	7	4	4			7
8	Utkatāsana	22-23	8		8	5				

S.No	Āsana	PAGE	Weeks							
			17th	18th	19th	20th	21st	22nd	23rd	24th
9	Utthita Trikonāsana	27	9	4	9	6	5	4	4	4
10	Virabhadrāsana II	28	10	5			6	5	5	
12	Utthita Parśvakonāsana	31	11	6	10		7	6	6	5
13	Virabhadrāsana I	32	12	7	11	7	8	7	7	6
14	Vimānāsana	33	13							
15	Ardha Chandrāsana	35-36		9		8		8		8
16	Virabhadrāsana III	37		10	12	9		9		9
17	Parivṛtta Trikonāsana	39		11	13		9		8	
18	Parivṛtta Parśvakonāsana - Vimānāsana	41		12	14		10		9	
19	Parśvōttānāsana	45	14	13	15	10	11		10	
20	Prasārita Pādōttānāsana	47	15	14	16	11	12		11	
21	Uttānāsana	49	16	15	17	12	13	10	11	10
22	Pādangusthāsana	51-52	17	16	18	13		11		11
23	Adho Mukha Śvānāsana	52	18	17	19	14	14		13	
24	Surya Namaskār	106-107	19	18	20	15				
	Samasthiti									
	Namaskarāsana									
	Urdhva Hastāsana									
	Uttānāsana									
	Adho Mukha Śvānāsana									
	Urdhva Mukha Śvānāsana									
	Chaturanga Dandāsana									
	Urdhva Mukha Śvānāsana									
	Adho Mukha Śvānāsana									
	Uttānāsana									
	Urdhva Hastāsana									
	Namaskarāsana									
	Samasthiti									
25	Virāsana	60	20	19	21	16	15	12	14	12,18
26	Parvatāsana in Virāsana	61	21		22			18		19
27	Gomukhāsana	19		20		17	23	19	22	20

S.No	Āsana	PAGE	Weeks							
			17th	18th	19th	20th	21st	22nd	23rd	24th
28	Parighāsana	42	22	21	23		16		15	
29	Sālamba Śirsāsana	81	23	22	24	18	24	20	23	21
30	Bhāradvājāsana I (on chair)	78					28		27	
	without holding	78	24	23						
	Holding	78			25	19				
31	Dandāsana	55	25	24	26	20	17	13	16	13
32	Urdhva Hasta Dandāsana	56					18	14	17	14
33	Pādāngustha Dandāsana	56					19	15	18	15
34	Upaviṣṭha Konāsana	58	26		27		35	17,33	34	17
35	Padāngustha Upaviṣṭha Konāsana	58	27		28		20		19	
36	Baddha Konāsana	57	28		29			16		16
37	Svastikāsana	59	29		30		21		20	
38	Parvatāsana in Svastikāsana	60		25		21	22		21	
39	Pāśchimōttānāsana	65	30	26	31	22	31	30	30	31
40	Jānu Śirsāsana	65	31	27	32	23	32	31	31	32
41	Triāṅga Mukhaikapāda Pāśchimōttānāsana	68	32	28	33	24	33	32	32	33
42	Marichyāsana I	70			34	25	34		33	34
43	Adho Mukha Upaviṣṭha Konāsana	72	33		35	26				
44	Paripurna Navāsana	94		29		27				
45	Pāśchimōttānāsana	65	34,41	30,36	36,41	28,35				
46	Supta Baddha Konāsana	112	35		37					
47	Supta Virāsana	111		31		29				
48	Sālamba Sarvāṅgāsana	84	36	32	38	30	25	21	24	22
49	Eka Pada Sarvāṅgāsana	85	37					22		23
50	Parsvaika Pāda Sarvāṅgāsana	86		33		31		23		24
51	Ardha Halāsana	86						24		25
52	Halāsana	88	38	34	39	32	26	25	25	26
53	Karnapīdāsana	89	39			33		26		27
54	Supta Konāsana	89	40		40			27		28
55	Parsva Halāsana	89		35		34	27	28	26	29
56	Bhāradvājāsana I	75					29	29	28	30
57	Bhāradvājāsana II	71-78								
	only leg position	77					30		29	

Preliminary Course

S.No	Āsana	PAGE	Weeks									
			17th	18th	19th	20th	21st	22nd	23rd	24th		
58	Viparita Karni	115										
59	Śavāsana	116	42	37	42	36	37	34	36	35		

S.No	Āsana	PAGE	Weeks			
			25th	26th	27th	28th
1	Samasthiti	14				
2	Ūrdhva Hastāsana	16	1	1	1	1
3	Ūrdhva Baddhanguliyāsana	17	2		2	
4	Gomukhāsana	19	3		3	
5	Paschima Namaskārāsana	20	4	2	4	2
6	Vrksāsana	21	5	3	5	3
7	Utkatāsana	21	6		6	
8	Utthita Hasta Padāsana	22-23	7	4	7	4
9	Parsva Hasta Padāsana	26	8	5	8	5
10	Utthita Trikonāsana	27	9	6	9	6
11	Virabhadrāsana II	27	10	7	10	7
12	Utthita Parśvakonāsana	28		8		8
13	Virabhadrāsana I	31	11	9	11	9
14	Ardha Chandrāsana	32	12	10	12	10
15	Virabhadrāsana III	35-36	13		13	
16	Parivṛta Trikonāsana	37	14		14	
17	Parivṛta Parśvakonāsana - Vimānāsana	39	15	11	15	11
18	Parighāsana	41	16	12	16	12
19	Parśvōttānāsana	42	17	13	17	13
20	Prasārita Pādōttānāsana	45	18	14	18	14
21	Uttānāsana	47	19	15	19	15
22	Pādangusthāsana	49	20	16	20	16
23	Adho Mukha Svānāsana	51	21	17	21	17
24	Surya Namaskar	52	22	18	22	18
	Note: Repeat as per the capacity	106-107	23		23	
	Samasthiti					

S.No	Asana	PAGE	Weeks			
			25th	26th	27th	28th
	Namaskārāsana	106-107				
	Urdhava Hastāsana					
	Uttānāsana					
	Adho Mukha Śvānāsana					
	Urdhva Mukha Śvānāsana					
	Chaturanga Dandāsana					
	Urdhva Mukha Śvānāsana					
	Adho Mukha Śvānāsana					
	Uttānāsana					
	Urdhva Hastāsana					
	Namaskārāsana					
	Samasthiti					
25	Urdhva Mukha Śvānāsana	99	24	19	24	19
26	Dhanurāsana	100	25	20	25	20
27	Salabhāsana	100	26	21	26	21
28	Ustrāsana	100	27	22	27	22
29	Adho Mukha Śvānāsana	52	28	23	28	23
30	Parvatāsana in Svastikāsana	60	29	24	29	24
31	Parvatāsana in Virāsana	61	30	25	30	25
32	Bharadvājāsana I	75	31	26	31	26
33	Bharadvājāsana II	77	32	27	32	27
34	Supta Pādangsthāsana I and II	95	33	28	33	28
35	Sālamba Śirsāsana	81	34	29	34	29
36	Sālamba Sarvāṅgāsana	84	35	30	35	30
37	Eka Pada Sarvāṅgāsana	85		31		31
38	Parsvaika Pada Sarvāṅgāsana	85		32		32
39	Ardha Halāsana	86		33		33
40	Halāsana	88	36	34	36	34
41	Karnapidāsana	89		35		35
42	Supta Konāsana	89		36		36
43	Parśva Halāsana	89		37		37
44	Paśchimōttānāsana	65	37	38	37	38
45	Śavāsana	116	38	39	38	39

Preliminary Course

129