



## Posture and Sequence Guide for Teachers

by

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photos by

Don Henry



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## Acknowledgements

Special thanks for the teachings I received directly from Sri TKV Desikachar and his father Professor Sri T Krishnamacharya that led to the conception of Prime of Life Yoga®

Also, thank you for the friendship and production skills of Don Henry.

Of course, our fine models also have my deep gratitude (in alphabetical order):



Kyonan Beatty



Terra Gold



Lisa Henry



Pam Miller



Suzane Nunes Olmos



Paula Tapia

Finally, many thanks to Arun Deva and Amit Heri for their expertise in Sanskrit.

Namaha,

Larry

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# PART ONE: YOGA POSTURES (ASANAS)



## Introduction: Prime of Life Yoga Posture Guidelines

The late professor Sri T Krishnamacharya is regarded as the father of modern Yoga. His students included: BKS Iyengar, K Pattabi Jois, Indra Devi, Srivatsa Ramaswami, AG Mohan and his son, my teacher, TKV Desikachar.

In the late 60's, early 70's, Krishnamacharya received his first middle aged Western male student, Dr. Albert Franklin. As he began working with Dr. Franklin, he started to modify his teachings. This approach was originally called *Viniyoga*, and I was a charter member of *Viniyoga America*.

The modifications for postures (or asana) that emerged from Viniyoga are expressed in most of the *Prime of Life Yoga* photographs that appear in this guide. They are especially helpful for men and women over 40.

For example, *POLY* modifications often include “soft or forgiving limbs” in many of the postures:



*POLY modified*



*Ideal (straight legs)*



*POLY modified*



*Ideal (straight legs)*



*POLY modified*



*Ideal (straight legs)*

Note: If you have the flexibility to do the ideal posture, then it may not be necessary to apply a modification.

Larry Payne, Ph.D., E-RYT500, YTRX, POLY-800

# Chapter 1: Preparation, Compensation, and Resting Postures



Corpse Posture  
*Savasana*



Corpse Posture (variation #1)  
*Savasana*



Corpse (variation #2)  
*Savasana*



Corpse (variation #3)  
*Savasana*



Prone Corpse (variation #4)  
*Savasana*



Mountain Pose  
*Tadasana*



Standing Forward Bend  
*Uttanasana*



Standing Back Bend  
*Anuvittasana*



Easy Pose in a Chair  
*Sukhasana*



Easy Pose on the Floor  
*Sukhasana*





Easy Pose with Forward Fold  
*Adho Mukha Sukhasana*



Auspicious Posture  
*Svastikasana*



Thunderbolt  
*Vajrasana*



Easy Pose (open chest variation)  
*Sukhasana*



Child's Pose  
*Balasana*



Child's Pose (variation #1)  
*Balasana*



Child's Pose (variation #1)  
*Balasana*



Dynamic Bridge  
*Dvipada Pitham*



Dynamic Bridge (variation #1)  
*Dvipada Pitham*



*Cross-Crawl*

## Chapter 2: Standing Postures



Mountain Pose  
*Tadasana*



Upward Salute  
*Urdhva Hastasana*



Standing Side Bend (variation #1)  
*Ardha Chandrasana*



Standing Side Bend (variation #2)  
*Ardha Chandrasana*



Standing Side Bend (variation #3)  
*Chandrasana*



Standing Side Bend (variation #4)  
*Chandrasana*



Standing Forward Bend  
*Uttanasana*



Half Standing Forward Bend (arm variation #1)  
*Ardha Uttanasana*



Half Standing Forward Bend (arm variation #2)  
*Ardha Uttanasana*



Half Standing Forward Bend (arm variation #3)  
*Ardha Uttanasana*



Asymmetrical Forward Bend  
*Parsva Uttanasana*



Warrior 1  
*Vira Bhadrasana 1*



Warrior 1 (arm variation #1)  
*Vira Bhadrasana 1*



Warrior 1 (arm variation #2)  
*Vira Bhadrasana 1*



Warrior 2  
*Vira Bhadrasana 2*



Reverse Warrior 2  
*Viparita Virabhadrasana*



Extended Side Angle  
*Utthita Parsvakonasana*



Triangle  
*Utthita Trikonasana*



Reverse Triangle  
*Parivritta Trikonasana*



Spread Legged Forward Bend  
*Prasarita Pada Uttanasana*



Downward Facing Dog  
*Adhomukha Shvanasana*



Crescent (low lunge variation)  
*Anjaneyasana variation*

## Chapter 3: Balancing Postures



Karate Kid  
*Utthita Hasta Padangustasana variation*



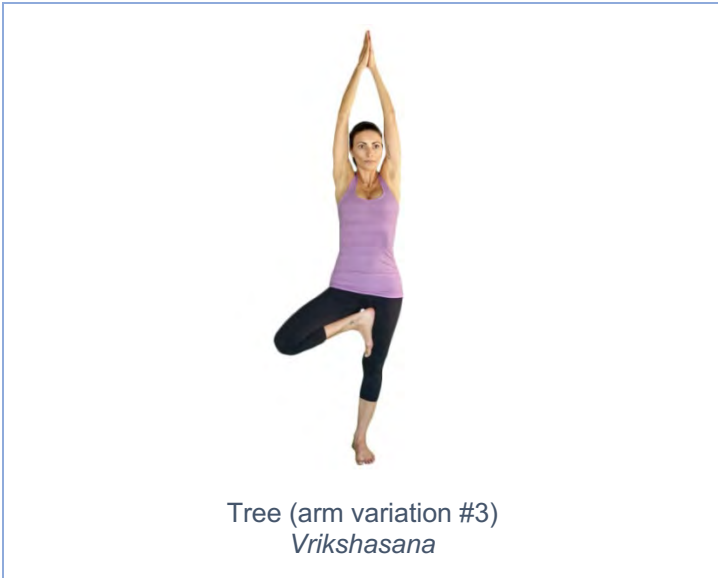
Karate Kid with Extended Leg  
*Utthita Hasta Padangustasana variation*



Balancing Cat  
*Utthita Cakravākāsana*

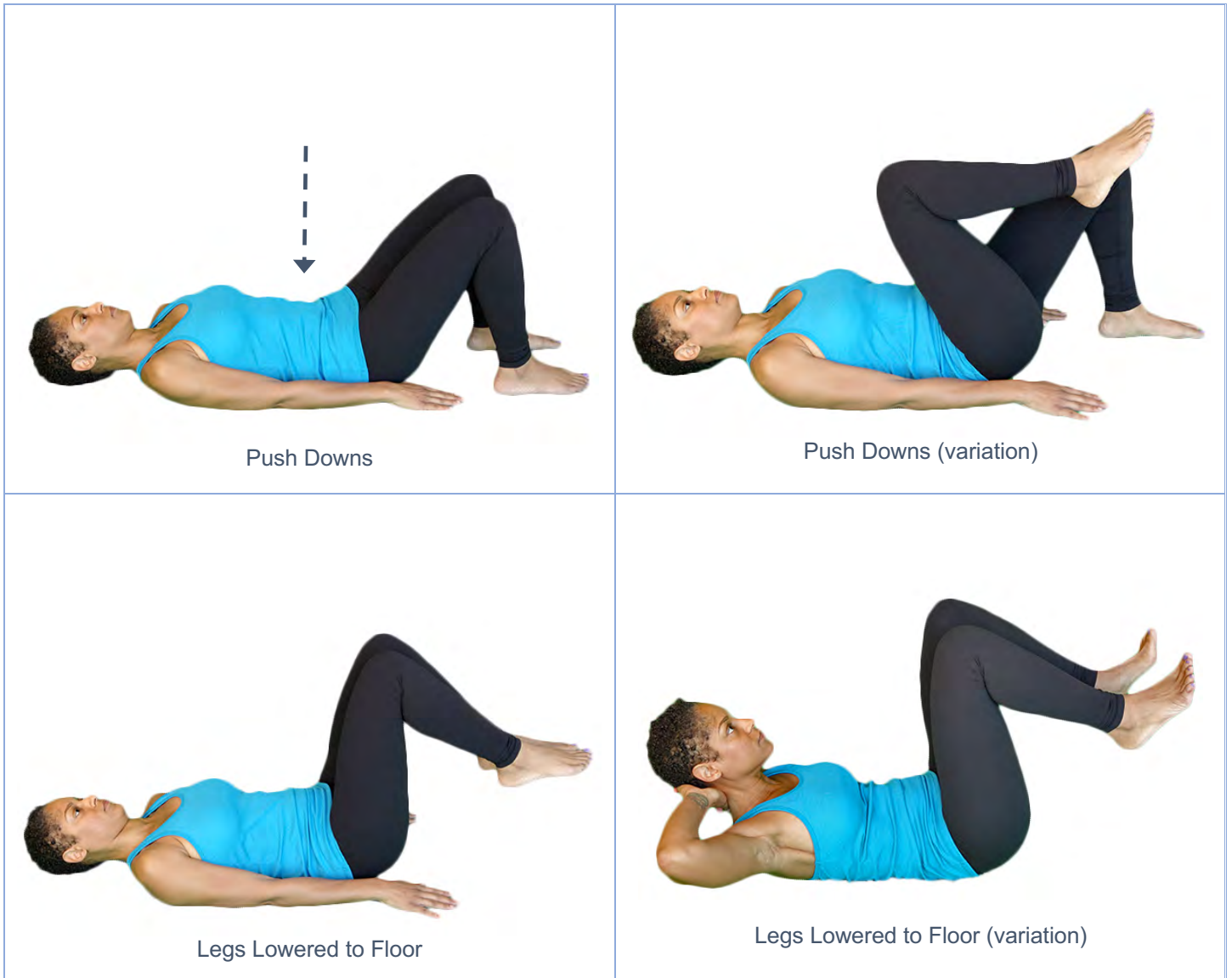


Tree (arm variation #1)  
*Vrikshasana*





## Chapter 4: Abdominal Postures and Routines





Uddiyana Bandha  
(Pull belly in after exhale)



Double Bandhas  
Uddiyana and Mula Bandhas



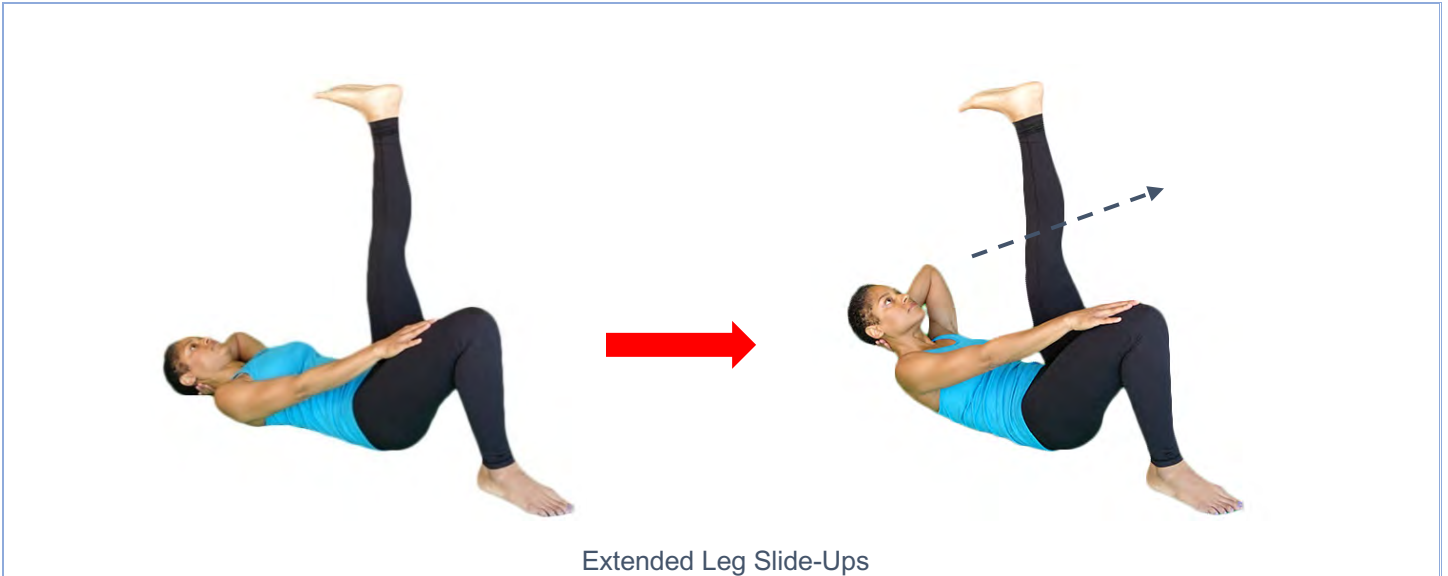
Yoga Sit-Ups



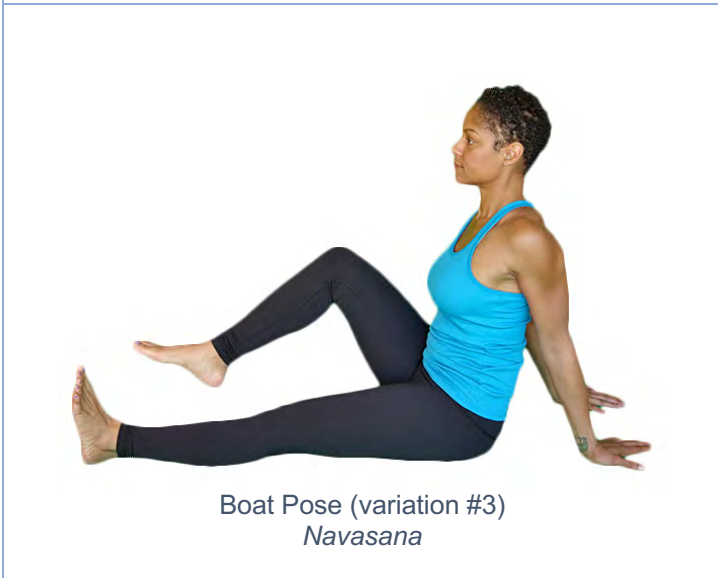
Yoga Sit-Ups (with block)



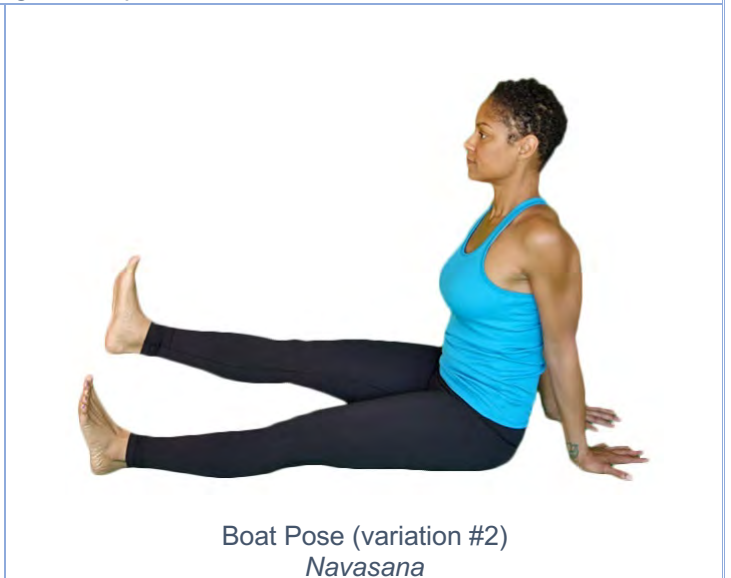
Yoga Sit-Ups (with hamstring stretch)



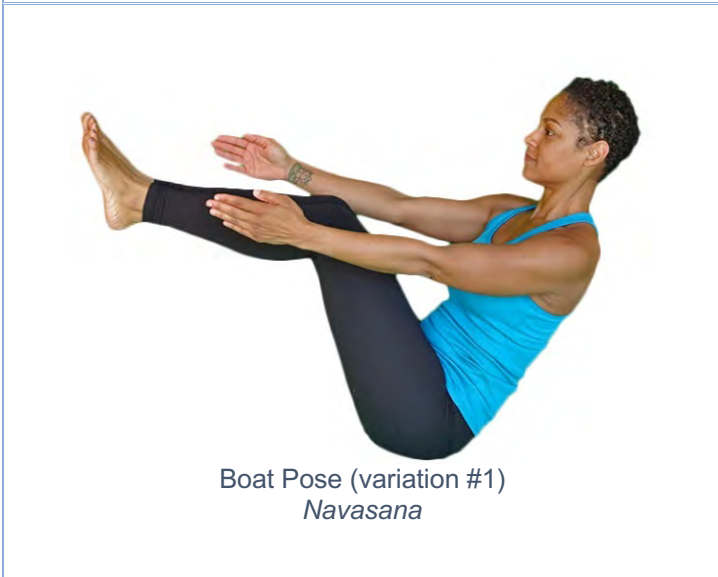
Extended Leg Slide-Ups



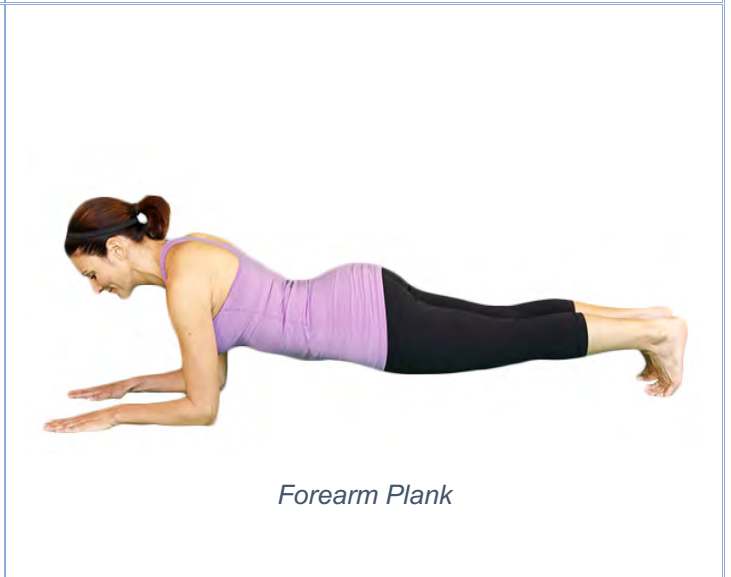
Boat Pose (variation #3)  
*Navasana*



Boat Pose (variation #2)  
*Navasana*



Boat Pose (variation #1)  
*Navasana*



*Forearm Plank*

## Chapter 5: Inversion Postures



Upward Extended Feet with Chair  
*Urdhva Prasarita Padasana*



Upward Extended Feet (arm variation)  
*Urdhva Prasarita Padasana*



Legs Up the Wall  
*Viparita Karani*



Legs Up on a Bolster  
*Viparita Karani*



Inversion on Cushioned Slant Board (variation #1)  
Knees bent



Inversion on Cushioned Slant Board (variation #2)  
Knees straight

## Chapter 6: Back Bends



Dynamic Bridge  
*Dvipada Pitha*



Dynamic Bridge with Arm Raise  
*Dvipada Pitha*



Easy Cobra Variation  
*Salamba Bhujangasana*



Sphinx  
*Salamba Bhujangasana*



Cobra  
*Bhujangasana*



Cobra (wide leg variation)  
*Bhujangasana*



Cobra (one bent knee variation)  
*Bhujangasana*



Cobra (two bent knees variation)  
*Bhujangasana*



Upward Facing Dog  
*Urdhva Mukha Svanasana*



Locust 3 (variation #1)  
*Shalabhasana*



Locust 3 (variation #2)  
*Shalabhasana*



Half Bow  
*Ardha Dhanurasana*



Table or Crab  
*Chatuspadapitham*



Upward Plank  
*Purvottanasana*



## Chapter 7: Seated Forward Bend Postures



Seated Forward Bend Starting Position  
*Pashcimottanasana*



Seated Forward Bend  
*Pashcimottanasana*



Seated Forward Bend (variation #1)  
*Pashcimottanasana*



Seated Forward Bend (variation #2)  
*Pashcimottanasana*



Head to Knee (variation #1)  
*Janushirshasana*



Head to Knee  
*Janushirshasana*



Wide Legged Forward Bend (variation #1)  
*Upavishta Konasana*



Wide Legged Forward Bend (variation #2)  
*Upavishta Konasana*



## Chapter 8: Hamstrings, Hips, and Psoas



Hamstring Stretch using the Wall



Hamstring Stretch (variation #1)  
*Supta Padangusthasana*



Hamstring Sequence (variation #2 & #3)  
*Supta Padangusthasana*



Reclined Bound Angle  
*Supta Baddha Konasana*



Knees-to-Chest (variation #2)  
*Apanasana*



Knees-to-Chest (variation #3)  
*Apanasana*



Knees-to-Chest (variation #4)  
*Apanasana*



Reclined Bound Angle Pose  
*Supta Baddha Konasana*



Reclined Bound Angle Pose (variation #1)  
*Supta Baddha Konasana*



Happy Baby  
*Ananda Balasana*



Reclined Pigeon (variation #1)  
*Supta Kapotasana*



Reclined Pigeon (variation #2)  
*Supta Kapotasana*



Reclined Pigeon (variation #3)  
*Supta Kapotasana*



Reclined Cow Face (variation #1)  
*Supta Gomukhasana*



Reclined Cow Face (variation #2)  
*Supta Gomukhasana*



Pigeon (variation #1)  
*Eka Pada Rajakapotasana*



Pigeon (variation #2)  
*Eka Pada Rajakapotasana*



Half Warrior  
*Ardha Virabhadrasana*



Half Warrior (deep lunge)  
*Ardha Virabhadrasana*



Half Warrior (arm variation #1)  
*Ardha Virabhadrasana*



Half Warrior (deep lunge, arm variation #1)  
*Ardha Virabhadrasana*



Half Warrior (arm variation #2)  
*Ardha Virabhadrasana*

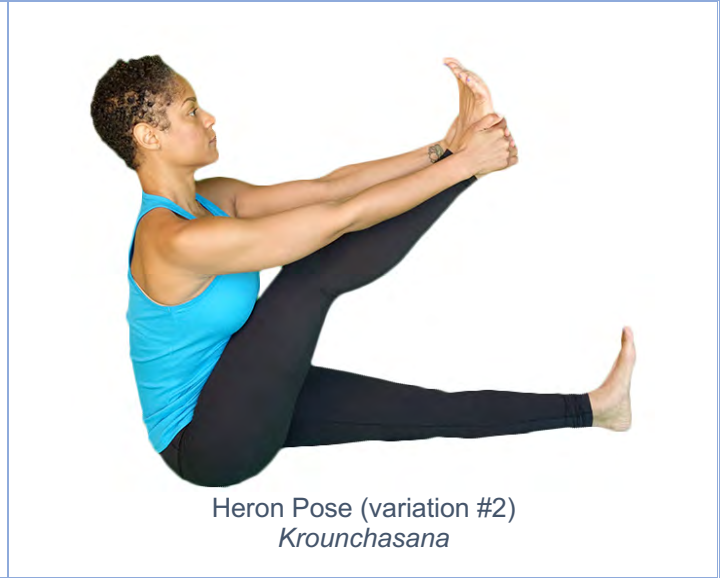


Half Warrior (deep lunge, arm variation #2)  
*Ardha Virabhadrasana*



Heron Pose (preparation)  
*Krounchasana*





## Chapter 9: Twists



Seated Twist  
*Bharadvajasana*



Sage Twist variation  
*Maricyasana*



Bent Leg Supine Twist (variation #1)  
*Parivartanasana*



Bent Leg Supine Twist (variation #1)  
*Parivartanasana*



Bent Leg Supine Twist (variation #2)  
*Parivartanasana*



Bent Leg Supine Twist (variation #3)  
*Parivartanasana*



Swiss Army Knife  
*Jathara Parivritti* (variation #1)



Extended Legs Supine Twist  
*Jathara Parivritti* (variation #2)



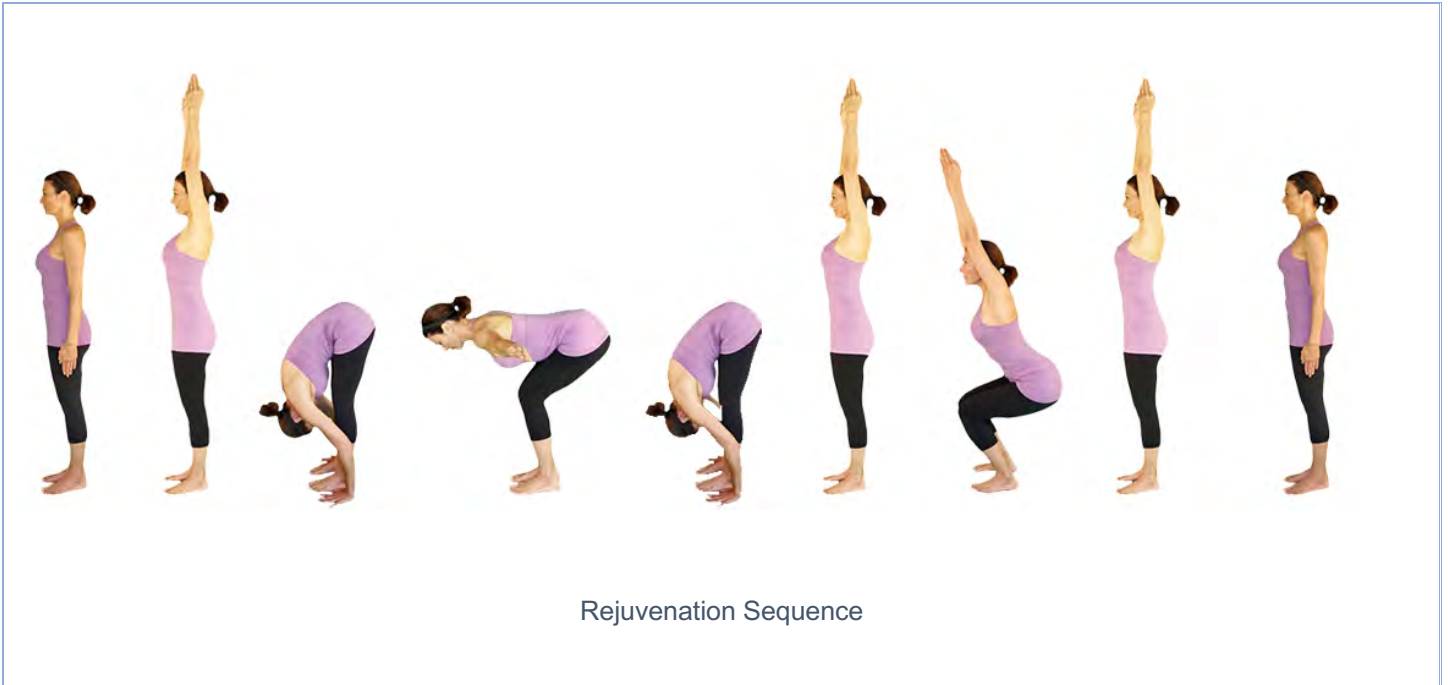
Thread the Needle  
*Parsva Balasana*

## PART TWO: PRIME OF LIFE YOGA®

### SEQUENCES



## Chapter 10: Standing Sequences





Warrior I Sequence



Warrior II Sequence



Mirror on Hand



Neck and Shoulders





Newspaper

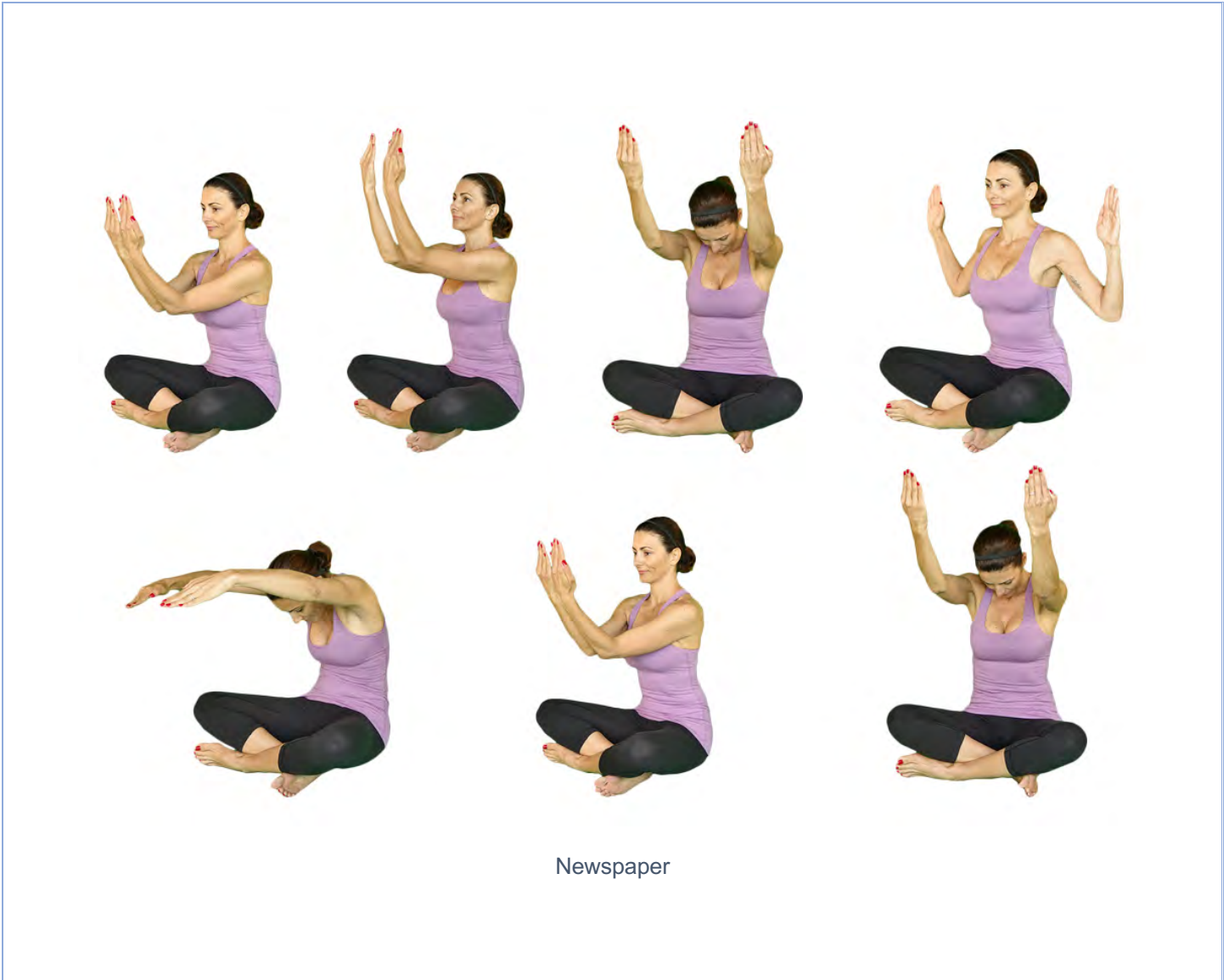
## Chapter 11: Seated Sequences



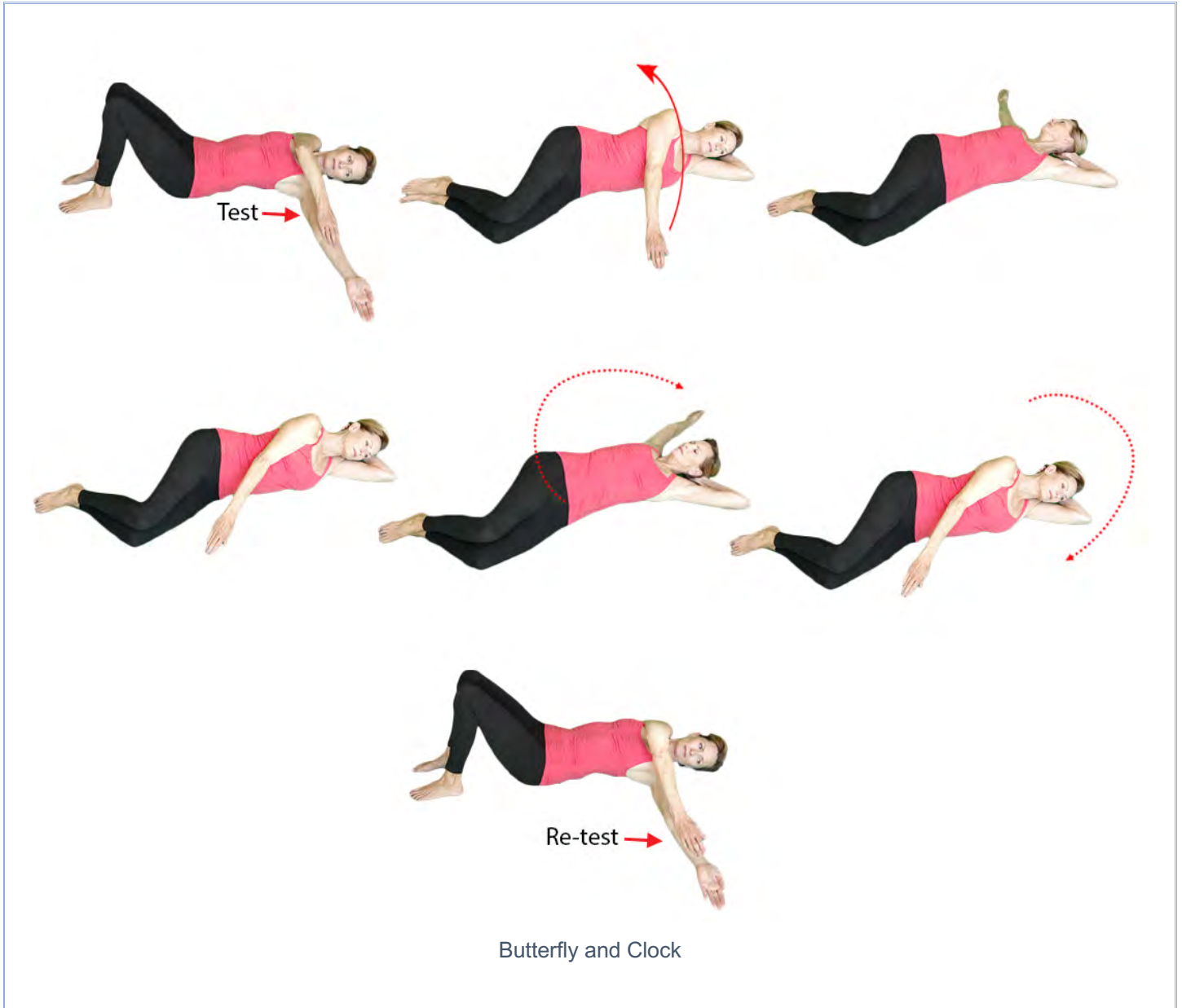
Mirror on Hand



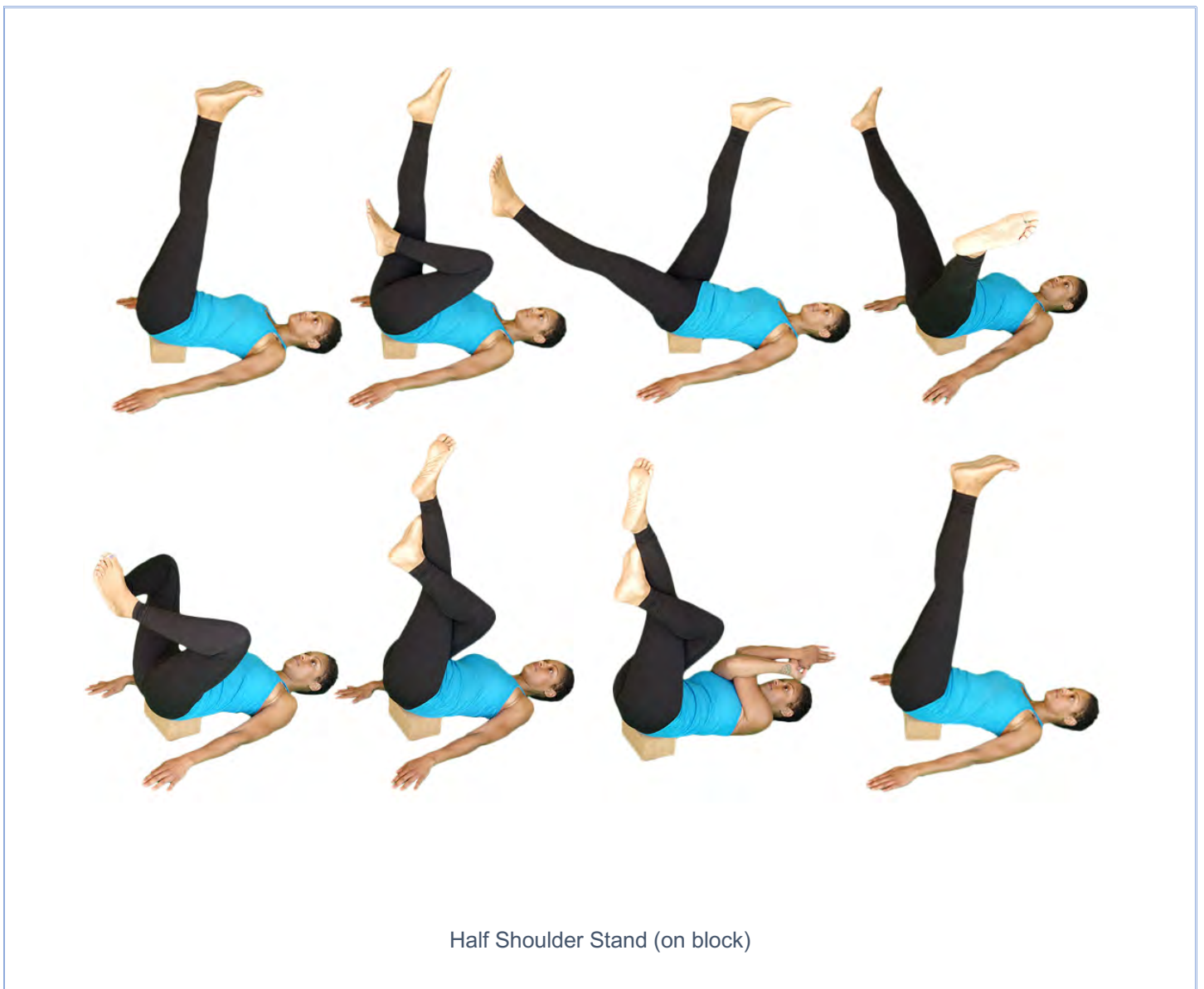
Wing and a Prayer



## Chapter 12: Shoulder Sequences (with Test)



## Chapter 13: Supported Half Shoulder Stand Sequence



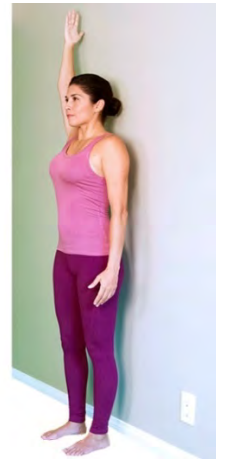
## PART THREE: WORKING WITH THE WALL



## Chapter 14: Wall Postures



Mountain Pose  
*Tadasana*



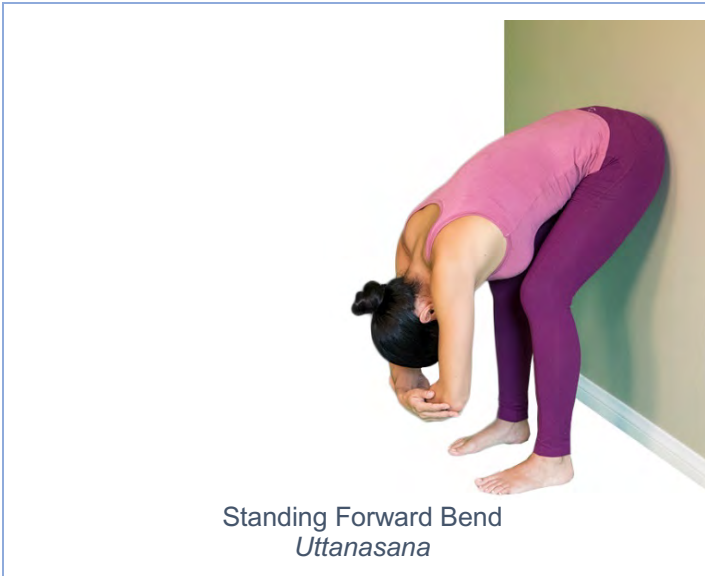
Mountain Pose (shoulder stretch variation)  
*Tadasana*



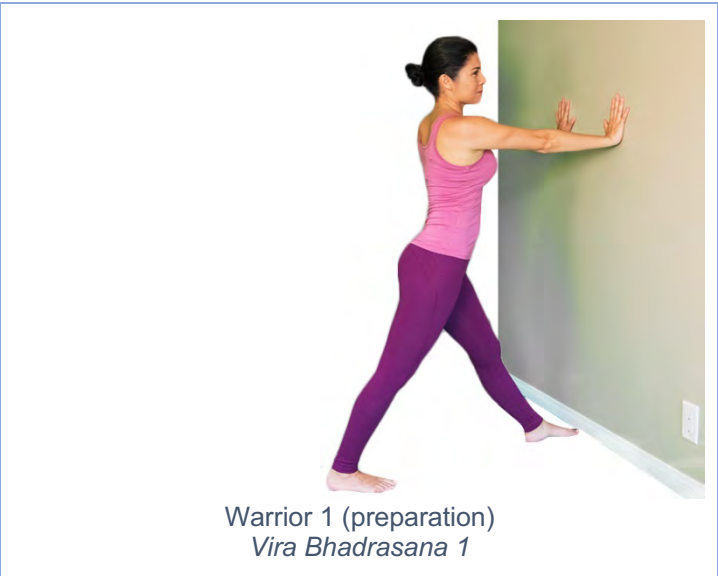
Mountain Pose (shoulder/neck stretch variation)  
*Tadasana*



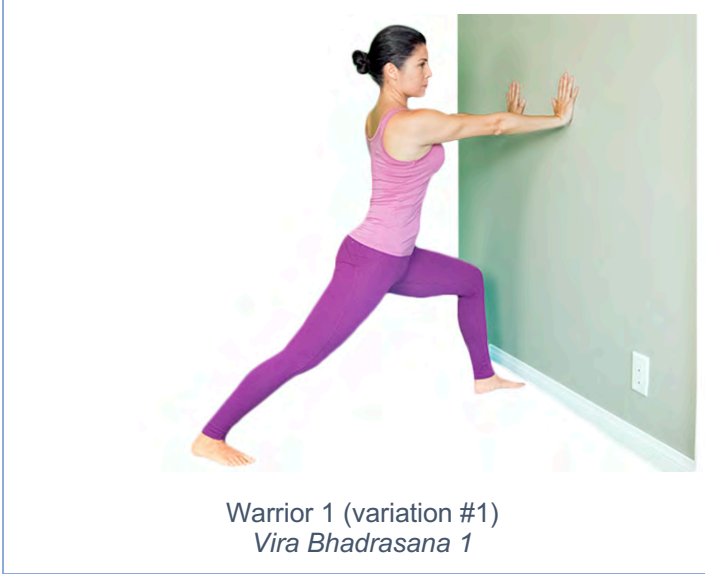
Half Standing Forward Bend (arm variation #3)  
*Ardha Uttanasana*



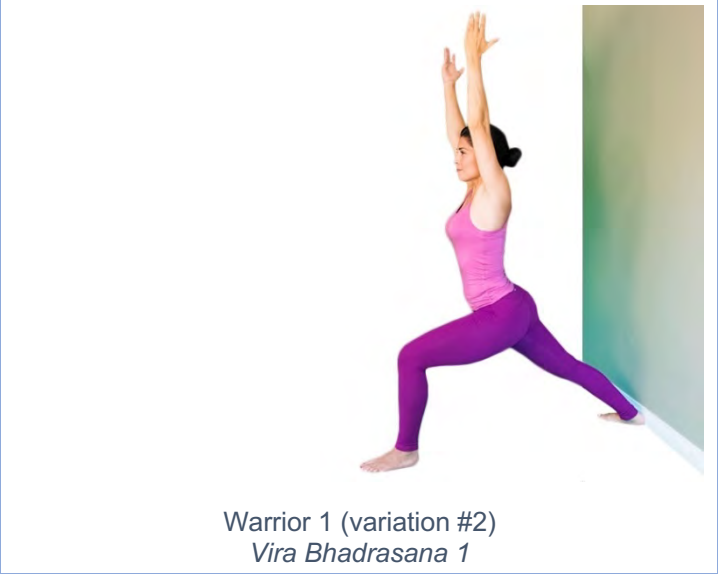
Standing Forward Bend  
*Uttanasana*



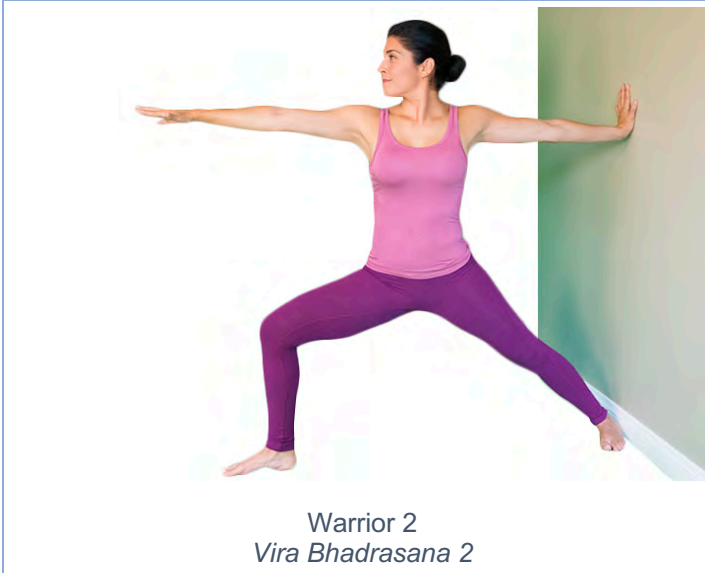
Warrior 1 (preparation)  
*Vira Bhadrasana 1*



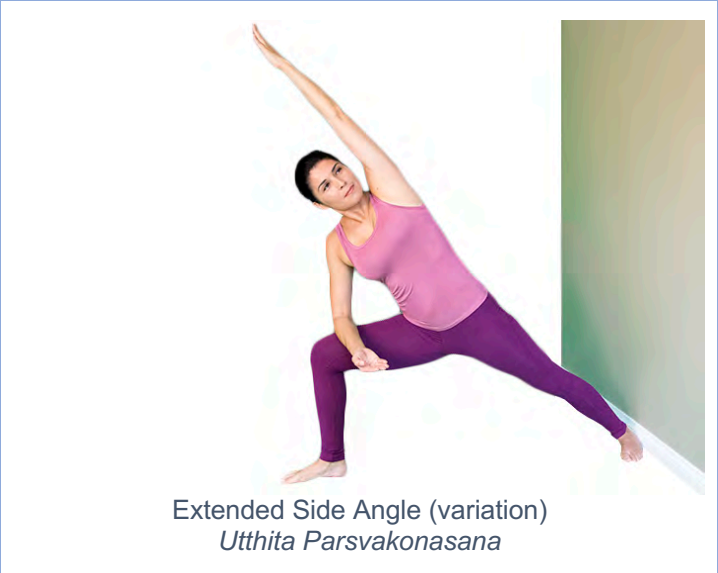
Warrior 1 (variation #1)  
*Vira Bhadrasana 1*



Warrior 1 (variation #2)  
*Vira Bhadrasana 1*



Warrior 2  
*Vira Bhadrasana 2*



Extended Side Angle (variation)  
*Utthita Parsvakonasana*





Warrior 3  
*Vira Bhadrasana 3*



Warrior 3 (open hip variation)  
*Vira Bhadrasana 3*



Asymmetrical Forward Bend (variation #1)  
*Parsva Uttanasana*



Asymmetrical Forward Bend (variation #2)  
*Parsva Uttanasana*



Standing Side Stretch (variation)  
*Parsva Tadasana*



Half Chair (variation)  
*Ardha Utkatasana*



Reverse Warrior  
*Viparita Vira Bhadrasana*



Abdominal Crunches  
*Navasana* variation



Legs-Up-the-Wall Pose  
*Viparita Karani*



Reclined Hamstring Stretch  
*Supta Padangushtasana*



Extended Legs Supine Twist (variation #1)  
*Jathara Parivritti*



Extended Legs Supine Twist (variation #2)  
*Jathara Parivritti*



Sphinx  
*Salamba Bhujangasana*



Cobra  
*Bhujangasana*



Locust (variation #1)  
*Shalabhasana*



Locust 1 (variation #2)  
*Shalabhasana*

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