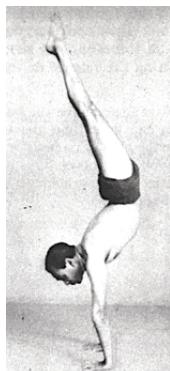




YEARS with GURUJI Practice Sequence # 7 from Lois Steinberg

The seventh sequence for Guruji's Centenary Celebration, is offered by Lois Steinberg, CIYT Advanced 2. These are recollections from January 10, 1983.



**Adho Mukha Vrksasana -
5 repetitions**



Uttanasana



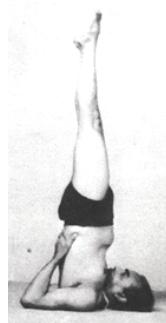
**Salamba Sirsasana - with
block between elbows
then between feet**



**Adho Mukha Svanasana -
with block between ankles, then
hands and last, between knees**



**Parsvottanasana -with arms
back on floor and palms
facing the ceiling**



**Salamba Sarvangasana -
with belt at mid calf and
mid thigh**



**Halasana -
with arms back and
thumbs hooked**



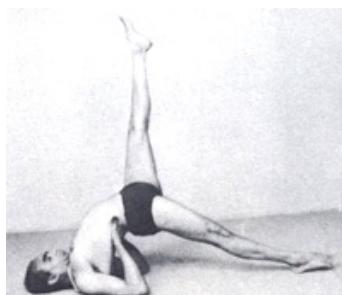
**Parivrtta Trikonasana -
with belts at upper thigh and
even feeling of skin to belt**



Tadasana



**Setubandha Sarvangasana -
on bench**



**Eka Pada Setubandha
Sarvangasana - on bench**

