



IYNAUS

## **YEARS with GURUJI** *Practice Sequence # 7 fom Lois Steinberg*

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*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**



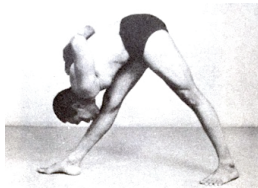
**Uttanasana**



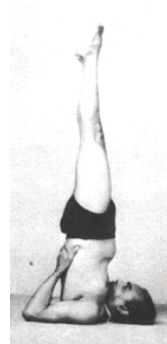
**Salamba Sirsasana - with  
block between elbows  
then between feet**



**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**



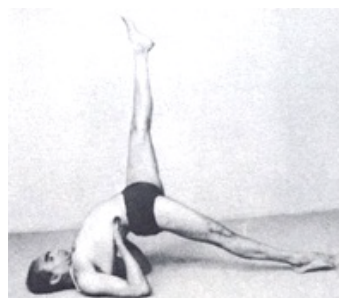
**Parivrtta Trikonasana -  
with belts at upper thigh and  
even feeling of skin to belt**



**Tadasana**



**Setubandha Sarvangasana -  
on bench**



**Eka Pada Setubandha  
Sarvangasana - on bench**

