

International Yoga Day 2023

To celebrate International Yoga Day, we have a new sequence from Senior Yoga Teacher - James Hasemer (Central Yoga School).

Adho Mukha Svanasana

Uttanasana

Tadasana

Utthita Trikonasana

Utthita Parsvakonasana

Virabhadrasana I

Virabhadrasana II

Parsvottanasana

Prasarita Padottanasana

Adho Mukha Vrksasana

Pincha Mayurasana

Sirsasana

Triang Mukhaikapada

Paschimottanasana

Janu Sirsasana

Bharadvajasana

Marichyasana III

Dhanurasana

Urdhva Mukha Svanasana

Ustrasana

Supta Padangusthasana I

Salamba Savangasana

Halasana

Viparita Karani

Savasana



Join the celebration - share your videos and photos on social media using #iyengaryogaaustralia