

INTERNATIONAL YOGA DAY

June 21, 2023

**Invocation to the Sage
Patanjali**

Invocation to Guru

Asana Practice

Tadasana

Namaskarasana

Urdhva Hastasana

Uttanasana

Adho Mukha Svanasana

Urdhva Mukha

Svanasana

Uttanasana

Tadasana

Utthita Trikonasana

Utthita Parsvakonasana

Virabhadrasana I

Purvitta Trikonasana

Parsvottanasana

Prasarita Padottanasana

Dandasana

Janu Sirsasana

Adho Mukha

Upavistakonasana

Virasana - Parvatasana

Swastikasana -

Parvatasana

Parsva Dandasana

Bharadvajasana I

Marichyasana III

Urdhva Mukha

Svanasana

Dhanurasana

Ustrasana

Adho Mukha Svanasana

Sirsasana

Sarvangasana

Halasana

Chatushpadasana

Setu Bandha

Sarvangasana

Savasana

Sit in dhyana

(meditation)

Message from Geeta S. Iyengar:

"The United Nations has declared 21st June as the International Yoga Day, which will be celebrated all over the world. For us every day is yoga day. However to respect this special day [the concept of which was suggested by Guruji B.K.S. Iyengar in a talk in Bangalore sometime in 2011- 2012, to respect Guruji, we have thought of a special practice programme for this day."

You are welcome to practice this program, design your own or merge this program with your own.

"We will eat together, we will be together, and we will carry on this knowledge without having any kind of jealousy, malice, or any kind klesa within us. With the purity of the mind, we will carry on the knowledge with our teaching process. And that is how even if we are living on this earth in different areas, we have to have that feel that we are always together."

—Geeta Iyengar, Opening Remarks
Yoganusasanam, December 2014

