

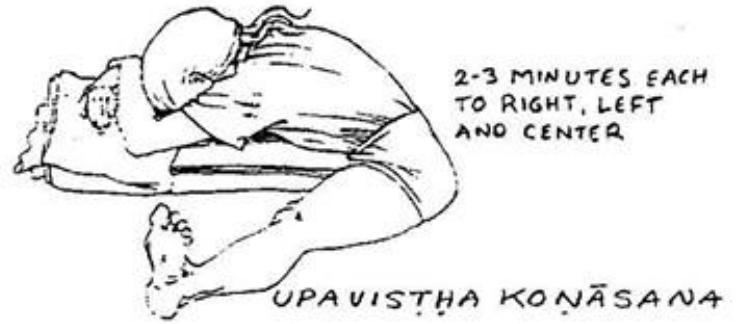
THE MENSTRUAL SERIES

AS TAUGHT BY B.K.S AND GEETA S. IYENGAR



5 MINUTES

SUPTA VIRĀSANA



2-3 MINUTES EACH
TO RIGHT, LEFT
AND CENTER

UPAṬṬHA KOṆĀSANA



MATSYASANA
OR DO HALF PADMASANA
OR SIMPLE CROSSLEGS

2-3 MINUTES
EACH SIDE

5 MINUTES



PASCHIMOTTĀNĀSANA



5-10 MINUTES

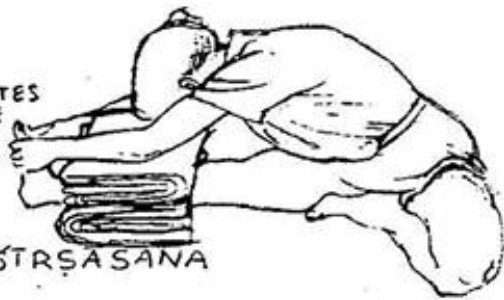
SUPTA BADDHA
KOṆĀSANA



5 MINUTES

VIPARĪTA DANDĀSANA

2-3 MINUTES
EACH SIDE

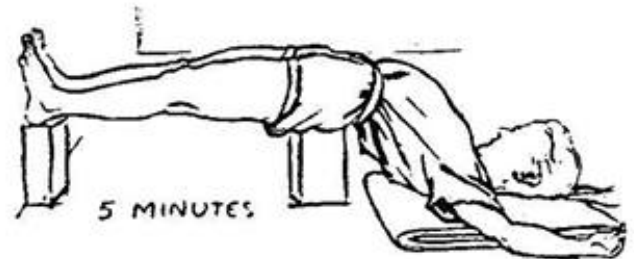


JANU ŚRṢĀSANA

2-3 MINUTES
EACH SIDE



ARDHA BADDHA PADMA
PASCHIMOTTĀNĀSANA



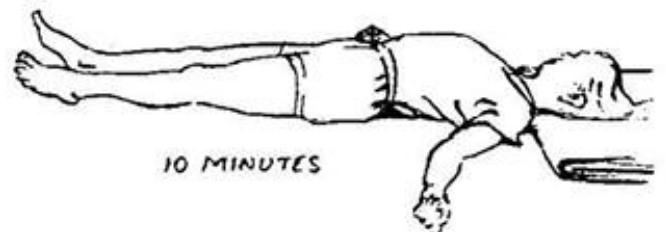
5 MINUTES

SETU BANDHA SARVĀṄGĀSANA

2-3 MINUTES
EACH SIDE



TRIANG MUKHAIKĀPADA
PASCHIMOTTĀNĀSANA



10 MINUTES

SAVĀSANA