





















## GuruPurnima\_100




















Sequence of 100 Asanas in honour of Guruji's Centenary, by maxinsnowi@yahoo.co.uk  
 Yogafant compilation by fionahyoga@gmail.com, from www.yogafant.co.uk

<p style="text-align: center;">Sukhasana</p> <p>1  <i>Namaskar</i></p>	<p style="text-align: center;">Utthita Trikonasana</p> <p>11  <i>Poses 11-14 on R, then L</i></p>
<p style="text-align: center;">Sukhasana</p> <p>2 </p>	<p style="text-align: center;">Virabhadrasana II</p> <p>12 </p>
<p style="text-align: center;">Swastikasana</p> <p>3 </p>	<p style="text-align: center;">Utthita Parsvakonasana</p> <p>13 </p>
<p style="text-align: center;">Tadasana</p> <p>4 </p>	<p style="text-align: center;">Ardha Chandrasana</p> <p>14 </p>
<p style="text-align: center;">Urdhva Hastasana</p> <p>5 </p>	<p style="text-align: center;">Adho Mukha Svanasana</p> <p>15 </p>
<p style="text-align: center;">Utkatasana</p> <p>6 </p>	<p style="text-align: center;">Virabhadrasana I</p> <p>16  <i>Poses 16-18 on R, then L</i></p>
<p style="text-align: center;">Tadasana</p> <p>7  <i>Gomukhasana arms</i></p>	<p style="text-align: center;">Virabhadrasana III</p> <p>17 </p>
<p style="text-align: center;">Tadasana</p> <p>8  <i>Paschima Namaskarasana</i></p>	<p style="text-align: center;">Parivrtta Ardha Chandrasana</p> <p>18 </p>
<p style="text-align: center;">Vrksasana</p> <p>9 </p>	<p style="text-align: center;">Adho Mukha Svanasana</p> <p>19 </p>
<p style="text-align: center;">Garudasana</p> <p>10 </p>	<p style="text-align: center;">Parsvottanasana</p> <p>20  <i>Concave spine</i></p>











GuruPurnima\_100

21	 <p>Parsvottanasana <i>Trunk down</i></p>	31	 <p>Prasarita Padottanasana I <i>hands to floor</i></p>
22	 <p>Padangusthasana <i>Hold big toes</i></p>	32	 <p>Prasarita Padottanasana I <i>with Paschima Namaskar</i></p>
23	 <p>Padahasthasana <i>Hands under feet</i></p>	33	 <p>Sirsasana</p>
24	 <p>Uttanasana</p>	34	 <p>Eka Pada Sirsasana</p>
25	 <p>Urdvha Prasarita Ekapadasana <i>One leg raised, Hands to floor</i></p>	35	 <p>Parsva Sirsasana</p>
26	 <p>Utthita Hasta Padangusthasana I</p>	36	 <p>Urdhva Dandasana <i>legs to horizontal</i></p>
27	 <p>Utthita Hasta Padangusthasana I <i>head to knee</i></p>	37	 <p>Urdhva Prasarita Padasana</p>
28	 <p>Utthita Hasta Padangusthasana II <i>Parsva</i></p>	38	 <p>Matsyasana <i>legs in Padmasana</i></p>
29	 <p>Parighasana</p>	39	 <p>Virasana</p>
30	 <p>Adho Mukha Virasana</p>	40	 <p>Parvatasana</p>





















GuruPurnima\_100

41	Parsva Virasana  twist	51	Dhanurasana 
42	Supta Virasana 	52	Ustrasana 
43	Paryankasana  <i>crown of head to floor</i>	53	Urdhva Dhanurasana 
44	Ardha Bhekasana  <i>one leg</i>	54	Supta Padangusthasana I 
45	Bhekasana 	55	Supta Padangusthasana II  <i>Parsva, leg to side</i>
46	Urdhva Mukha Svanasana 	56	Supta Padangusthasana III  <i>hold big toe, shin to chest, arm behind head</i>
47	Chaturanga Dandasana 	57	Supta Padangusthasana IV  <i>Parivritta, leg across</i>
48	Bhujangasana 	58	Bharadvajasana I 
49	Salabhasana 	59	Bharadvajasana II  <i>R leg in Padmasana</i>
50	Makarasana  <i>Hands behind head</i>	60	Maricyasana I  <i>open twist to L</i>

GuruPurnima\_100

61	<p>Maricyasana I</p>  <p><i>turn to L and bind</i></p>	71	<p>Parivrtta Janu Sirsasana</p> 
62	<p>Maricyasana I</p>  <p><i>forward &amp; bind</i></p>	72	<p>Krounchasana</p> <p>Heron Pose</p> <p><i>R leg in Virasana, L leg vertical and clasp</i></p>
63	<p>Maricyasana III</p>  <p><i>twist to R</i></p>	73	<p>Akarna Dhanurasana</p> <p>Bow to ear Pose</p> <p><i>hold big toes, R leg extended, L foot to ear</i></p>
64	<p>Ardha Matsyendrasana I</p> 	74	<p>Ardha Baddha Padma Paschimottanasana</p>  <p><i>R leg in Padmasana</i></p>
65	<p>Malasana I</p> <p>Garland Pose</p> <p><i>head up, arms extended</i></p>	75	<p>Pascimottanasana</p> 
66	<p>Malasana II</p> <p>Garland Pose</p> <p><i>head down, grip ankles</i></p>	76	<p>Dandasana</p> 
67	<p>Upavista Konasana</p>  <p><i>Upright</i></p>	77	<p>Paripurna Navasana</p> 
68	<p>Upavista Konasana</p>  <p><i>forward</i></p>	78	<p>Ardha Navasana</p> 
69	<p>Parsva Upavista Konasana</p>  <p><i>to side</i></p>	79	<p>Ubhaya Padangusthasana</p> <p>Both big toes Pose</p> <p><i>both legs up, hold big toes</i></p>
70	<p>Janu Sirsasana</p> 	80	<p>Purvottanasana</p> <p>Intense stretch to the East</p>

GuruPurnima\_100

81	 Vasisthasana	91	 Eka Pada Sarvangasana
82	 Anantasana <i>Stage 1: knee bent</i>	92	 Parsvaikapada Sarvangasana
83	 Anantasana <i>Stage 2: leg straight</i>	93	 Supta Konasana
84	 Baddha Konasana <i>upright</i>	94	 Parsva Halasana <i>both feet to R, then L</i>
85	 Baddha Konasana <i>forward</i>	95	 Salamba Sarvangasana <i>feet in Padmasana or Baddha Konasana</i>
86	 Baddha Konasana <i>Parsva</i>	96	 Salamba Sarvangasana II <i>fingers interlocked or forearms vertical</i>
87	 Jathara Parivartanasana <i>bent legs</i>	97	 Niralamba Sarvangasana <i>arms overhead</i>
88	 Jathara Parivartanasana <i>straight legs</i>	98	 Niralamba Sarvangasana <i>arms in line with knees</i>
89	 Halasana <i>1 min</i>	99	 Setu Bandha Sarvangasana <i>1 min</i>
90	 Salamba Sarvangasana <i>1 min</i>	100	 Savasana