



International Day of Yoga

Special Practice Programme

Invocation to the Sage Patanjali

Invocation to Guru

Asana Practice

Tadasana	Virasana – Parvatasana
Namaskarasana	Swastikasana – Parvatasana
Urdhva Hastasana	Parsva Dandasana
Uttanasana	Bharadvajasana I
Adho Mukha Svanasana	Marichyasana III
Urdhva Mukha Svanasana	Urdhva Mukha Svanasana
Uttanasana	Dhanurasana
Tadasana	Ustrasana
Utthita Trikonasana	Adho Mukha Svanasana
Utthita Parsvakonasana	Sirsasana
Virabhadrasana I	Sarvangasana
Parivrtta Trikonasana	Halasana
Parsvottanasana	Chatushpadasana
Prasarita Padottanasana	Setu Bandha Sarvangasana
Dandasana	Savasana
Janu Sirsasana	Sit in dhyana (meditation)
Adho Mukha Upavishtakonasana	