

# 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

UPAVISTHA KONĀSANA



MATSYASANA

OR DO HALF PADMASANA  
OR SIMPLE CROSSLEGS

2-3 MINUTES  
EACH SIDE

5 MINUTES



PASCHIMOTTĀNĀSANA



5-10 MINUTES

SUPTA BADDHA  
KONĀSANA



5 MINUTES

VIPARĪTA DANDĀSANA

2-3 MINUTES  
EACH SIDE

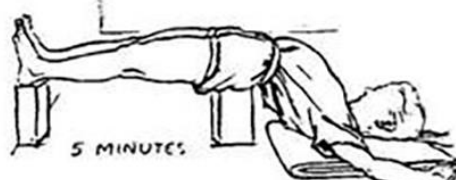


JANU STRĪSĀSANA

2-3 MINUTES  
EACH SIDE



ARDHA BADDHA PADMA  
PASCHIMOTTĀNĀSANA



5 MINUTES

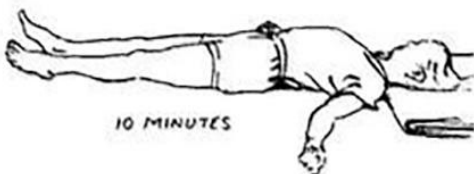
SETU BANDHA SARVĀNGĀSANA

2-3 MINUTES  
EACH SIDE



TRIANG MUKHAIKĀPADA  
PASCHIMOTTĀNĀSANA

10 MINUTES



SAVĀSANA