

International Yoga Day suggested practice
by Geeta Iyengar:

Tadasana
Namaskarasana
Urdhva hastasana
Uttanasana
Adho Mukha Svanasana
Urdhva Mukha Svanasana
Uttanasana
Tadasana
Utthita Trikonasana
Utthita Parsvakonasana
Virabhadrasana I
Parivrtta Trikonasana
Parsvottonasana
Prasarita Padottanasana
Dandasana
Janu Sirsasana
Adho Mukha Upavistakonasana
Virasana Parvatasana
Swastikasana Parvatasana
Parsva Dandasana
Bharadvajasana I
Maricyasana III
Urdhva Mukha Svanasana
Dhanurasana
Ustrasana
Adho Mukha Svanasana
Sirsasana
Sarvangasana
Halasana
Chatushpadasana
Setu Bandha Sarvangasana
Savasana