

**Sequence from Meg Laing's Tribute to BKS Iyengar:
My first trip to RIMYI, Pune: 23 August to 9 September 1977**

“...In the evening we came back for what we expected to be the usual 90-minute pranayama class. Listed below is what in fact we did, totally out of the blue, with Mr Iyengar calling the asanas at lightning speed and Mr Shah on the platform leading us. Someone observing the class took down the sequence and let me copy it afterwards. I remember that it went so fast I sometimes had to leave out a couple of asanas in order to catch up and I think I also spent some of the time wallowing about on my stomach, vainly attempting to persuade my arms to push up one more time, until the miraculous ordering of the sequence enabled another access of energy to materialise.”

Uttanasana (Utt)	AMS
Chataranga Dandasana (CD)	Bhujapdasana (other ankle cross)
Adho Mukha Svanasana (AMS)	CD
Utt	Utt
CD	AMS
Urdhva Mukha Svanasana (UMS)	Paschimottanasana
CD	Lolasana
AMS	Paschimottanasana
Utt	Lolasana
CD	Paschimottanasana
UMS	Lolasana
CD	Utt
AMS	UMS
Utt	Lolasana
CD	AMS
Utt	Lolasana
CD	AMS
Utt	Lolasana
	Utt
	CD
	AMS
UMS	Ustrasana
Utt	Lolasana
UMS	Ustrasana
Utt	Utkatasana
UMS	Ustrasana
Utt	Utkatasana
AMS	Ustrasana
CD	Utkatasana
AMS	AMS
CD	Janusirsasana (right leg)
AMS	Lolasana
CD	CD
AMS	Janusirsasana (left leg)
CD	Lolasana
Utt	Utt
CD	Lolasana
AMS	Utt
Bhujapidasana	CD
Utt	AMS

Astavakrasana (right)	AMS
CD	Utt
AMS	CD
Astvakrasana (left)	AMS
CD	Utt
AMS	Vasisthasana (right leg)
Utt	Utt
CD	Vasisthasana (left leg)
AMS	Utt
Ardha Baddha Padma Paschi (ABPP)	Vasisthasana (right leg)
Lolasana	CD
CD	AMS
AMS	Utt
ABPP (left leg)	Vasisthasana (left leg)
Lolasana	CD
CD	AMS
AMS	Utt
Utt	AMS
CD	Marichyasana I (right leg)
AMS	Lolasana
Virasana	CD
Supta Virasana	AMS
CD	Marichyasana I (left leg)
UMS	Lolasana
Utt	CD
CD	AMS
Utt	Utt
CD	AMS
AMS	UMS
Triang Mukhaikapada Paschi (TMP)	Visvamisrasana (right)
CD	CD
AMS	AMS
TMP (left leg)	UMS
CD	Visvamisrasana (left)
AMS	CD
Bakasana	AMS
CD	Utt
AMS	CD
Bakasana	AMS
CD	Paschimottanasana
AMS	Lolasana
Utt	CD
CD	AMS
AMS	Eka Pada Bakasana I (right)
UMS	CD
Krounchasana (right leg)	AMS
CD	Eka Pada Bakasana I (left)
AMS	CD
UMS	AMS
Krounchasana (left leg)	Utt
CD	AMS

UMS
 Urdhva Mukha Paschimottanasana I
 Lolasana
 CD
 AMS
 Upavistha Konasana
 CD
 AMS
 Utt
 AMS
 Utt
 Urdhva Dhanurasana
 Lolasana
 CD
 AMS
 Virasana
 Urdhva Dhanurasana
 Lolasana
 CD
 AMS
 Utt
 AMS
 Supta Virasana
 Urdhva Dhanurasana
 Lolasana
 AMS
 Utt
 AMS
 Paripurna Navasana
 Lolasana
 Urdhva Dhanurasana
 Lolasana
 AMS
 Utt
 AMS
 Ardha Navasana
 Urdhva Dhanurasana
 Ardha Navasana
 Urdhva Dhanurasana
 Ardha Navasana
 Urdhva Dhanurasana
 Paripurna Navasana

Paschimottanasana
 Paripurna Navasana
 Paschimottanasana
 Urdhva Dhanurasana
 Sarvangasana
 Halasana
 Urdhva Dhanurasana
 Paripurna Navasana
 Paschimottanasana
 Paripurna Navasana
 Urdhva Dhanurasana
 Halasana
 Paripurna Navasana
 Paschimottanasana
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 Halasana
 Paschimottanasana
 Halasana
 Paripurna Navasana
 Ardha Navasana
 Paschimottanasana
 Paripurna Navasana
 Ardha Navasana
 Halasana
 Paripurna Navasana
 Ardha Navasana
 Paschimottanasana

End of sequence, which took about 1 hour.

Then Viparita Dandasana on chair, feet at platform.

Then Setubandha on chair – 15 minutes.

End of class.