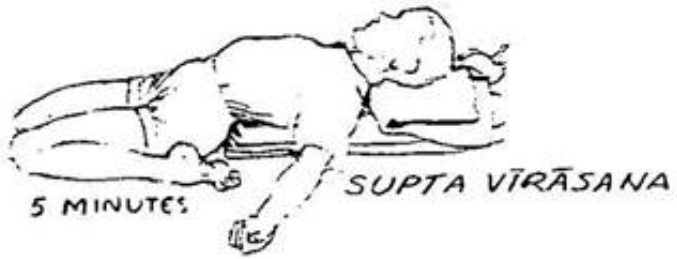
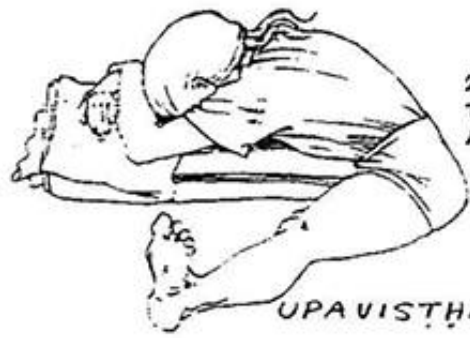


THE MENSTRUAL SERIES

AS TAUGHT BY B.K.S AND GEETA S. IYENGAR

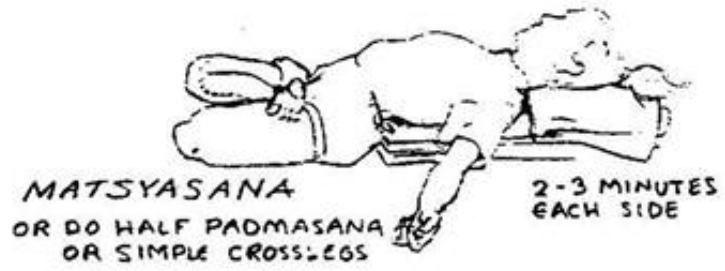


5 MINUTES SUPTA VIRĀSANA



2-3 MINUTES EACH TO RIGHT, LEFT AND CENTER

UPAṬṬHA KOṆĀSANA

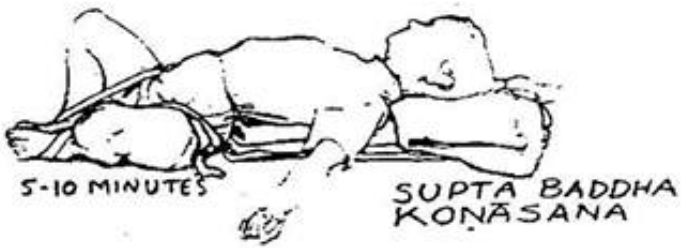


MATSYASANA OR DO HALF PADMASANA OR SIMPLE CROSSEGS 2-3 MINUTES EACH SIDE

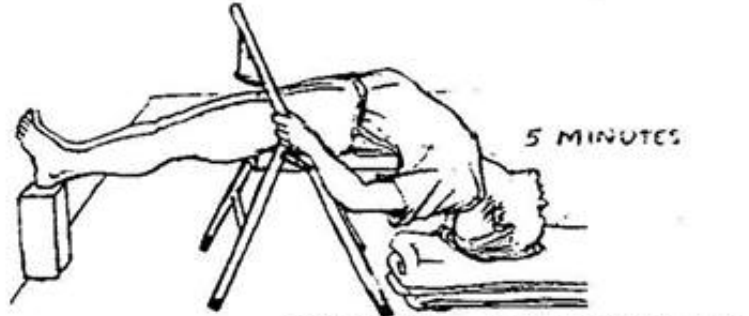


5 MINUTES

PASCHIMOTTĀNĀSANA



5-10 MINUTES SUPTA BADDHA KOṆĀSANA



5 MINUTES

VIPARĪTA DANDĀSANA



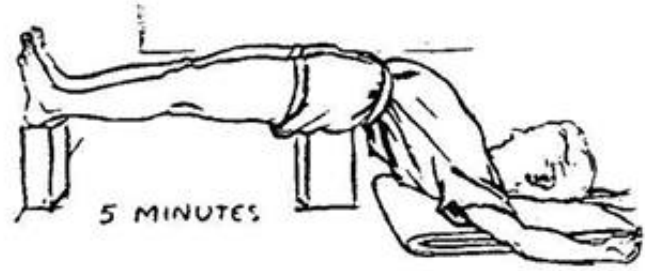
2-3 MINUTES EACH SIDE

JANU ŚRṢĀSANA



2-3 MINUTES EACH SIDE

ARDHA BADDHA PADMA PASCHIMOTTĀNĀSANA



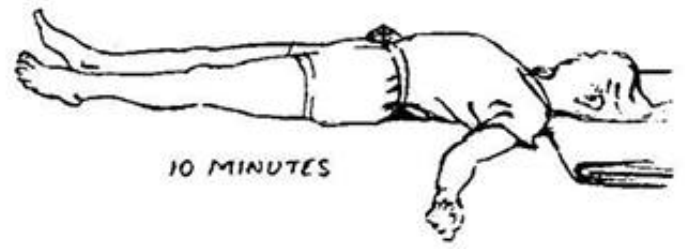
5 MINUTES

SETU BANDHA SARVĀṄGĀSANA



2-3 MINUTES EACH SIDE

TRIANG MUKHAIKĀPADA PASCHIMOTTĀNĀSANA



10 MINUTES

SAVĀSANA