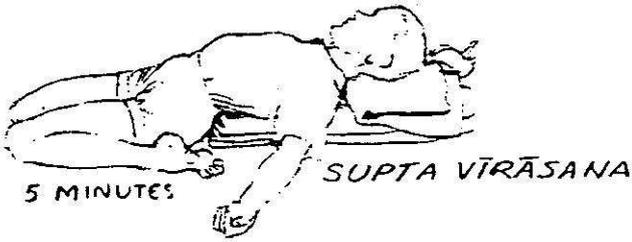


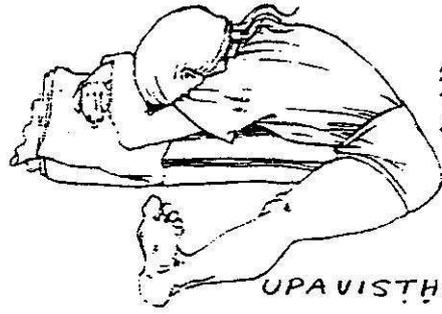
THE MENSTRUAL SERIES

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



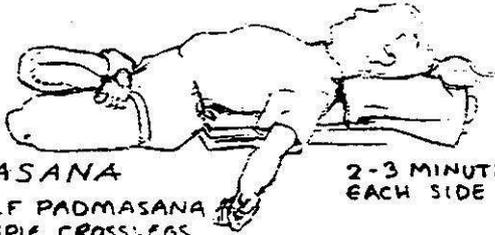
5 MINUTES

SUPTA VIRĀSANA



2-3 MINUTES EACH
TO RIGHT, LEFT
AND CENTER

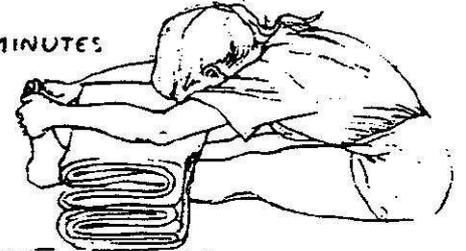
UPAVISTHA KONĀSANA



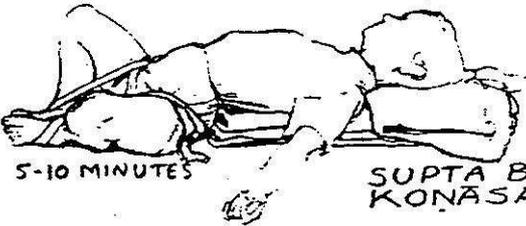
MATSYASANA
OR DO HALF PADMASANA
OR SIMPLE CROSSEGS

2-3 MINUTES
EACH SIDE

5 MINUTES

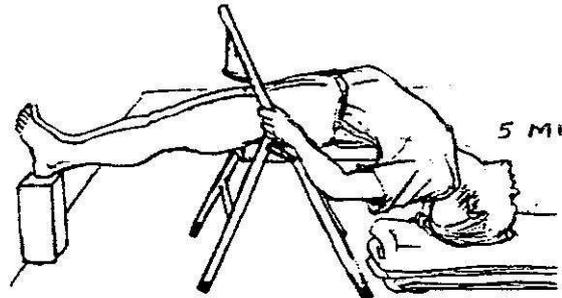


PASCHIMOTTĀNĀSANA



5-10 MINUTES

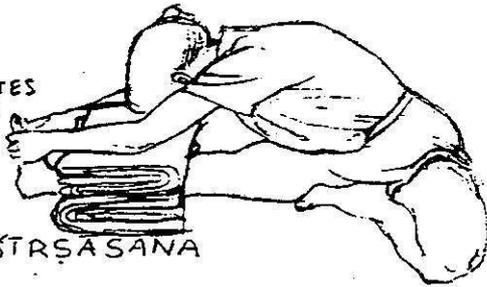
SUPTA BADDHA
KONĀSANA



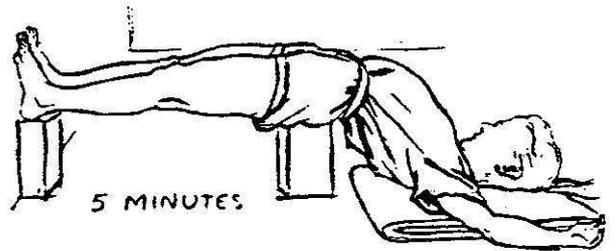
5 MINUTES

VIPARĪTA DANDĀSANA

2-3 MINUTES
EACH SIDE



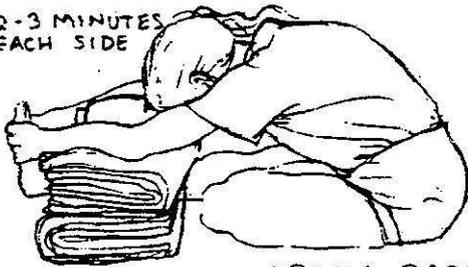
JANU STRĪSĀSANA



5 MINUTES

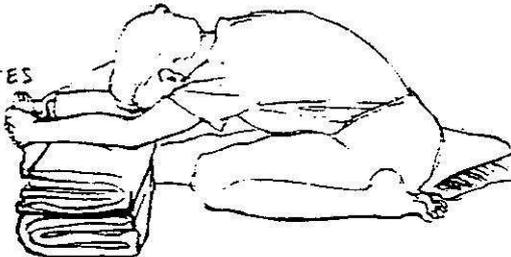
SETU BANDHA SARVĀNGĀSANA

2-3 MINUTES
EACH SIDE

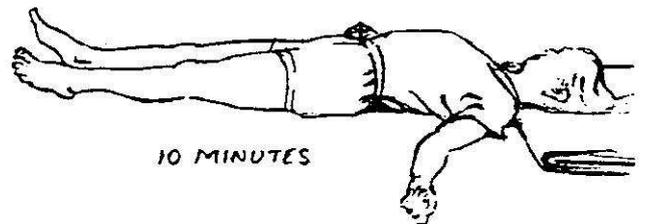


ARDHA BADDHA PADMA
PASCHIMOTTĀNĀSANA

2-3 MINUTES
EACH SIDE



TRIANG MUKHAIKĀPADA
PASCHIMOTTĀNĀSANA



10 MINUTES

SAVĀSANA