Yoga Mandir: Class Notes

Class: Monday, Beginner 2 Teacher: Alan Goode Date: 1.4.2009
Comments: Quality of attention. Action and Observation. Here and now.

Asana	Alternative: menstruation/other
Supta Baddha Konasana	
Adho Mukka Virasana	
Adho Mukka Svanasana	
Plank position	
Adho Mukka Virasana with above, x 3	
Adho Mukka Svanasana	
Virasana	
Parvatasana in Virasana	
Adho Mukka Svansana	
Gomukkasana in Virasana	
Adho Mukka Svansana	
Garudasana in Virasana	
Adho Mukka Svansana	
Tadasana	
Utthita Trikonasana	
Virabhadrasana II	
Utthita Parsvakonasana	
Urdhva Hastasana	
Uttthita Hasta Padasana arms parallel to floor	
Paschima Namaskar arms	
Parsvottanasana	
Vrksasana, hands to hips, full next to wall	
Salamba Sarvangasana / Setu Bandha	
Bharadvajasana I	
Marichyasana III	
Dandasana	
Savasana	

Alan Goode © 2008