

Yoga Mandir: Class Notes

Class: Monday, Beginner 2 **Teacher: Alan**

Date: 10.8.09

Comments: Breath, body, mind. Synchronize movement with breath.

| Asana | Alternative: menstruation/other |
|---|---------------------------------|
| Supta Baddha Konasana | |
| Supta Padangusthasana I, II and III | |
| Virasana | |
| Parvatasana in Virasana | |
| Virasana | |
| Garudasana arms in Virasana | |
| Virasana | |
| Tadasana | |
| Utthita Hasta | |
| Arms to side/parallel to floor | |
| Tadasana | |
| Utthita Trikonasana | |
| Parsva Hasta Padasana, Utthita Hasta arms | |
| Virabhadrasana II | |
| Tadasana | |
| Parsva Hasta Padasana, Utthita Hasta arms | |
| Utthita Parsvakonasana | |
| Parsvottanasana (fingertips to wall) | |
| OR: Parsvottanasana (hands to blocks) | |
| Parsvottanasana (heel to wall, hands to hips) | |
| Tadasana | |
| Paschima Namaskar arms | |
| Ardho Mukha Savasana | |
| Ardho Mukha Virasana | |
| Salamba Sarvangasana (feet to wall) | |
| OR: Chair Arch | |
| Dandasana | |
| Paschimottanasana | |
| Janu Sirsasana | |
| Arms in Utthita Hasta | |
| Savasana | |