

Yoga Mandir: Class Notes

Class: Monday, Level 1

Teacher: Alan

Date: 20 October 2008

Comments: Kosas; Quote -Tree of Yoga p.47-48

Asana	Alternative: menstruation/other
Adho Mukha Virasana (AMV)	
Adho Mukha Svanasana (AMS)	
Urdhva Prasarita Padasana: x 20, 1 leg version	
Tadasana	
Trikonasana	
Urdhva Baddhanguliyasana	
Trikonasana	
Tadasana	
Urdhva Baddhanguliyasana	
Virabhadrasana II	
Ardha Chandrasana	
Parsvottanasana	
Prasarita Padottanasana	
Halasana: feet to wall	
Salamba Sarvangasana	
Eka Pada Sarvangasana	
Baddha Konasana in Sarvangasana	
Supta Padangusthasana I, II & III	
Savasana: on bolster, head support	