

Yoga Mandir: Class Notes

Class: Monday, Level 1

Teacher: Alan Goode

Date: 1.11.2010

Comments: Karmendriyas/Jnanendriyas – 11 senses.

Can you act without reaction. Disengage the senses.

Asana	Alternative: menstruation/other
Supta Baddha Konasana	
Adho Mukha Virasana	
Adho Mukha Svanasana	
Vasisthasana	X2
Adho Mukha Svanasana	
Jathara Parivartasana	X10
Urdhva Prasarita Padasana	X20
Adho Mukha Svanasana	
Tadasana	
Utthita Trikonasana	
Vrksasana	
Ardha Chandrasana	
Vrksasana	
Virabhadrasana II	
Utthita Parsvakonasana	
Vrksasana	
Urdhva Hastasana	
Paschima Namaskar	
Parsvottanasana	
Vrksasana	
Adho Mukha Svanasana	
Dandasana	
Bharadvajasana I	
Marichyasana III	Open clasp, full clasp
Janu Sirsasana	X2
Salamba Sarvangasana	From chair Halasana, 5 mins
Badha Konasana in Sarvangasana	
Upavista Konasana in Sarvangasana	
Eka Pad (to chair)	
Savasana	