

Yoga Mandir: Class Notes

Class: Wed, Level 2

Teacher: Alan Goode

Date: 23.3.2011

Comments: Samyama. LOSP p 182. Diamond -form/inner glow/without form/unambiguous.

Asana	Alternative: menstruation/other
Uttanasana	
Adho Mukha Svansana	
Vasisthasana	
Adho Mukha Svanasana	
Tadasana	
Utthita Trikonasana	
Ardha Chandrasana	
Virabhadrasana II	
Utthita Parsvakonasana	
Parsvottanasana	
Virabhadrasana I	
Virabhadrasana III	
Uttanasana	
Virabhadrasana III	
Tadasana	
Adho Mukha Svanasana	
Paryenkasana	
Salamba Sirsasana	7 min
Salamba Sarvangasana	
Badha Konasana in Sarvangasana	
Upavistha Konasana in Sarvangasana	
Eka Pada	
Janu Sirsasana	
Savasana	