

Yoga Mandir: Class Notes

Class: Level 3, Tuesday.

Teacher: Alan Goode

Date: 27.4.2010

Comments:

Asana	Alternative: menstruation/other
Uttanasana	
Adho Mukha Svanasana	
Vasisthasana	
Adho Mukha Svanasana	
Chaturanga Dandasana	
Urdhva Mukha Svanasana	
Adho Mukha Svanasana	
Uttanasana	
Adho Mukha Vrkasana	
Pincha Mayurasana	
Tadasana	
Utthita Trikonasana	
Parivrrta Trikonasana	
Ardha Chandrasana	
Parivrrta Ardha Chandrasana	
Utthita Parsvokkonasana	
Parivrrta Parsvokkonasana	
Parsvottonasana	
Prasarita Padottanasana	
Virabhadrasana I	
Virabhadrasana III	
Utthita Hasta Padangusthasana	
Ardha Baddha Padmottanasana	
(supported) Salamba Sirsasana	
Salamba Sarvangasana	
Paschimottanasana	
Savasana	