

Yoga Mandir: Class Notes

Class: Level 3

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Comments: Dharana. LOYSP p 178. Body/senses/mind fused so that mind changes its shape. Not just the exclusion of objects.

Asana	Alternative: menstruation/other
Uttanasana	
Adho Mukha Svanasana	
Vasistasana	
Adho Mukha Svanasana	x 4
Chaturanga Dandasana	
Urdhva Mukha Svanasana	
Adho Mukha Svanasana	
Malasana	
Bakasana	
Adho Mukha Svanasana	
(active) Uttanasana	
Rope 1 x 20	
Urdhva Mukha Vrksasana	
Pincha Mayurasana	
Adho Mukha Svansana, hands to wall head support	4min
Salamba Sirsasana	
Viparita Dandasana	Over chair, 5min
Dwi Pada Viparita Dandasana	Over chair, 4 min
Urdhva Dhanurasana	X4
Urdhva Dhanurasana	1 min
Dwi Pada Viparita Dandasana	1 min, then 2 min
Adho Mukha Svansana	
Ardha Halasana	
Savasana	