

Yoga Mandir: Class Notes

Class: Level 3

Teacher: Alan Goode

Date: 19.5.2011

Comments: Dvesa – Aversion – Klesa. The illusion of control as a base for aversion.

Asana	Alternative: menstruation/other
Adho Mukha Svansana	5 mins, in ropes
Uttanasana, supported	Blocks, 5 mins
Cross Bolsters	10 mins
Adho Mukha Virsasana	supported
Rope Sirsasana	8 mins
Supported Sarvangasana	Chair, feet to wall
Ardha Halasana	10 mins
Janu Sirsasana	3 mins
Paschimottanasana	3 Mins
Savasana	