

Class: Developing

Teacher: Alan Goode

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Comments: Antarayas

Asana	Alternative: menstruation/other
Supta baddha konasana	
Adho mukha virasana (AMV) hands to blocks	
Adho mukha svanasana (AMS)	
Surya Namaskara- stepping (20mins). Include <ul style="list-style-type: none"> • Trikonasana • Ardha chandrasana • Parsvakonasana • Parsvottanasana • Prasarita padottanasana 	Heel to wall- supported
AMS	
Parvartanasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Garudasana in virasana	
AMS	
Salamba sirsasana 5 mins	Crossed bolsters
AMV	
AMS	
Halasana – feet to chair	Setubandha sarvangasana
Salamba sarvangasana 5min	
Eka pada sarvangasana	
Halasana 2 mins	
Janu sirsasana	
Triangmukhaikapada paschimottanasana	
Marichyasana 1	
Savasana	