YOGA·MANDIR
AN IYENGAR YOGA INSTITUTE

Class Notes

Class: Foundation Level **Teacher: Alan Goode** **Date: 13-10-2014**

Comments: Abhyasa/ Vairagya. Action/ observation, dispassion
Foundation practice sequence No1 focus

Asana	Comments/ alternative
Supta baddha konasana	
AMVirasana (AMV)	
Tadasana	
Urdhva Hastasana	
Urdhva Badhangulliyasana	
Utthita hasta padasana	
Parsva hasta padasana	
Trikonasana	
Virabhadrasana 2	
Utthita parsvakonasana	
vriksasana	
Adho mukha svanasana (AMS)	
AMV	
Upavistha konasana	
Parsva upavistha konasana	
Janu sirsasana	
Baddha konasana	
Chair chatush padasana	Setubandha Sarvangasana on Bolsters
Chair bharadvajasana	
Savasana	