

**Class: Foundation**

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## Foundation practitioner sequence 2:

**Comments:** Dog pose/ virasana cycle, standing asanas, forward bends.

Asana	Alternative: menstruation / other	Comments
<b>Start — dog pose cycle</b>		<b>Total 10mins</b>
Adho mukha svanasana		
Parvatasana in virasana		Block support
Adho mukha svanasana		
Gomukhasana in virasana		Belt if needed
Adho mukha svanasana		
Garudasana in virasana		
Adho mukha svanasana		
<b>Standing asanas</b>		<b>Total 25mins</b>
Tadasana	Heel to wall	
Trikonasana		Twice x 40sec
Virabhadrasana 2		40sec
Parsvakonasana		Twice x 40sec
Parsvottanasana	Hands to blocks	Twice x 40sec
Prasarita padottanasana	Concave back	30 sec – 1min
Virabhadrasana 1	Hands to hips	Twice x 40sec
Vrksasana		Twice. Hand to wall if needed
Garudasana		Foot on block
<b>Inversions</b>		<b>Total 15mins</b>
Salamba sarvangasana	Setu bandha sarvangasana	5 mins each. Groups alternate
Setu bandha sarvangasana		
<b>Forward bending</b>		<b>Total 10mins</b>
Dandasana		
Padangustha dandasana		
Janu sirsasana		1 min twice
Triang mukhaikapada paschimottanasana		1 min
Upavistha konasana		2 min
Paschimottanasana		1 min
<b>Twisting asanas</b>		<b>Total 5mins</b>
Svastikasana twist		Shoulderstand cushion
<b>Finishing</b>		<b>10mins</b>
Savasana		