

Class: Maturing

Teacher: Alan Goode

Date: 12-05-2015

Comments: Gunas. Observing attributes changes the mind

Established practitioner sequence 4: 90 minutes practice

Comments: Twisting

| Asanas | Alternative | Comments |
|-----------------------------------|--|----------------------|
| Start | | 3 mins |
| Supta virasana | Supta baddha konasana | |
| Dog pose cycle | | Total 15 mins |
| Adho mukha svanasana | | |
| Jathara parivartanasana | Supta svastikasana arms over head | 10 times bent legs |
| Urdhva prasarita padasana | | 40 times |
| Adho mukha svanasana | | |
| Malasana | | |
| Adho mukha svanasana | | |
| Lolasana stage 1 | Malasana | |
| Standing asanas | | Total 20 mins |
| Tadasana | | All 1 min max |
| Utthita trikonasana | Heel to wall | |
| Parivrtta trikonasana | Utthita trikonasana | |
| Ardha chandrasana | | |
| Parivrtta ardha chandrasana | Ardha chandrasana | |
| Utthita parsvakonasana | | |
| Parivrtta parsvakonasana | Utthita parsvakonasana | |
| Virabhadrasana I | | |
| Virabhadrasana 3 | Ardha chandrasana | |
| Parsvottanasana | Hands to blocks | |
| Prasarita padottanasana | Hands forward | |
| Supta virasana | Virasana on block | |
| Twists | | Total 15 mins |
| Baradvajasana I | | |
| Baradvajasana II | Baradvajasana I | |
| Marichyasana III | Marichyasana I | |
| Ardha matysendrasana I | Svastikasana twist | |
| Ardha matysendrasana II | Virasana twist | |
| Inversions | | Total 15 mins |
| Salamba sirsasana | Crossed bolsters, 3-fold blanket | 5 mins |
| Adho mukha virasana | | |
| Salamba sarvangasana | Setu bandha sarvangasana on bolsters, feet to wall | 5 mins |
| Halasana | | 3 mins |
| Karnapidasana | | |
| Parsva halasana | | |
| Parsva karnapidasana | | |
| Leg stretches | | Total 7 mins |
| Supta padangusthasana I, II & III | Bent leg for SP I, remain in SP II | |
| Savasana | | 10 mins |