YOGA MANDIR
LEARN · STUDY · PRACTICE

Class Notes

Class: Developing **Teacher: Alan Goode** **Date: 6-04-2020**

Comments: Coming to stillness .

Asana	Alternative: menstruation/other
Supta baddha konasana	
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Parvartanasana in virasana	
AMS	
Garudasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Pashima namaskara in virasana	
AMS	
Tadasana	Heel to wall- supported Standing asanas open sided
Trikonasana	
Ardha chandrasana	
Virabhadrasana 2	
Parsvakonasana	
Parsvottanasana	
Prasarita padottanasana	
Virabhadrasana 1	
Virabhadrasana 3	
Parivrtta trikonasana	
Parivrtta ardha chandrasana	
Parivrtta parsvakonasana	
Vriksasana	
Utkatasana	
Garudasana	
Utthita hasta padangusthasana 1	
Utthita hasta padangusthasana 2	
Utthita hasta padangusthasana 3	
uttanasana	
Surya Namaskara- stepping (20mins). Include	
Salamba sirsasana 5mins	Crossed bolsters- viparita dandasana
AMV	
Salamba sarvangasana 5mins	Setubandha sarvangasana
Baddha konasana in sarvangasana	
Upavistha konasana in sarvangasana	
Eka pada sarvangasana	
Halasana	

Janu sirsasana	
Triangmukhaikapada paschimottanasana	
Marichyasana 1	
AMS	
Paryankasana- block support	
Savasana	
Supta virasana	
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Vasisthasana	
Prasarita padottanasana	
AMS	
Chaturunga dandasana	
Urdhva mukha svanasana (UMS)	
AMS	
Lolasana- intermediate x 2	Gomukhasana in virasana
AMS	
Jump to uttanasana –full extension	
Urdhva hastasana	
Tadasana	
Viparita danadasana- over chair, heels down	AMVirasana on bolster
Urdhva dhanurasana- hands to blocks, belt	Supta swastikasana
Urdhva dhanurasana- hands to blocks	
Urdhva dhanurasana	Supta baddha konasana
Dwi pada viparita dandasana- elbows to wall	Seubandha sarvangasana
Baradvajasana 1	
Baradvajasana 2	
Marichyasana 3	
Ardha matysendrasana 1	
Ardha matysendrasana 2	