Yoga Mandir: Class Notes

Class: Friday, Level 2 **Teacher: Alan Goode** **Date: 27.8.2010**

Comments: Restorative.

Manas. Residual impressions. Likes/dislikes. Study yourself in relation to an object. Klesas (named).

Asana	comments
Supta Baddha Konasana	10 min
Adho Mukha Svanasana	5 min
Uttanasana (head to blocks)	
Cross bolsters (Viparita Dandasana on bolsters)	10 min
Supported Salamba Sarvangasana	10 min
Ardha Halasana	10 min
Setu Bandha	10 min
Adho Mukha Virasana (supported)	5 min
Swatikasana (with head to chair)	5 min
Janu Sirsasana	
Paschimottanasana	
Savasana	10 min

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