

Yoga Mandir: Class Notes

Class: Level 3, Thursday

Teacher: Alan Goode

Date: 6.5.2010

Comments: The view of objects

Asana	Alternative: menstruation/other
Savasana w halasana box and weight to forehead	
Adho Mukha Svanasana	
- With standings (below)	
Utthita Trikonasana	
Ardha Chandrasana	
Utthita Parsvokkonasana	
Parsvottonasana	
Prasarita Padottanasana	
Virabhadrasana I	
Parivvtra Trikonasana	
Parivvrta Ardha Chandrasana	
Parivvrta Parsvokkonasana	
Adho Mukha Svansana	
Supta Virasana	
Salamba Sirsasana	
Leg variations:	
Baddha Konasana	
Upavishta Konasana	
Eka Pada	
Parsvaikapada	
Ardha Halasana	
Salamba Sarvangasana	
Janu Sirsasana	
Savasana	