

Class: Established

Teacher: Alan Goode

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Comments: Antarayas- within a practice. In the present, disengage the senses.

Asana	Alternative: menstruation/other
Supta virasana	
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	
Surya Namaskara- stepping (20mins). Include • Trikonasana • Parivrtta trikonasana • Ardha chandrasana • Parivrtta ardha chandrasana • Parsvakonasana • Parivrtta parsvakonasana • Parsvottanasana • Prasarita padottanasana	Heel to wall- supported Standing asanas open sided
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	
Savasana	