

Class: Established

Teacher: Alan Goode

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Comments: Gunas. Observing attributes

Asana	Alternative: menstruation/other
Supta virasana	
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Supta padangusthasana 1,2 and 3	
AMS	
Parvartanasana in virasana	
AMS	
Garudasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Trikonasana	Heel to wall- supported
AMS	
Ardha chandrasana x3	
AMS	
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	
Ardha baddha Padma paschimottanasana	
Savasana	