

**Class: Introducing Sadhana Part 1a** Teacher: Alan Goode Date: 22-09-2015

**Comments:** AMS virasana cycle, chair chatush, Chair twist. 30 minute practice.

Asana	Alternative: menstruation/other
Supta svastikasana	3 fold blanket wrap around shins
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Parvartanasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Garudasana in virasana	
AMS	
Chair Chatush padasana x 3	Setu bandha on block- knees bent/ feet on floor
Chair Bharadvajasana	
Savasana	

**Equipment:** Bolster, Blanket, blocks, belt, chair.