

**Class: Introducing Sadhana Part 1b** Teacher: Alan Goode Date: 25-09-2015

**Comments:** AMS virasana cycle, AMS to Standing asanas, chair chatush, Forward bend.  
40 minute practice.

Asana	Alternative: menstruation/other
Supta baddha konasana	
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Parvartanasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Garudasana in virasana	
AMS	
Adho mukha virasana (AMV)	
AMS- Hands to blocks	Step to Tadasana between standing asanas
Utthita trikonasana	Heel to support for all Standing asanas
AMS	
Utthita parsvakonasana	
AMS	
Ardha chandrasana	
AMS	
Parsvottanasana	
AMS	
Virabhadrasana 1	
AMS	
Chair Chatush padasana x 3	Setu bandha on block- knees bent/ feet on floor
Savasana	

**Equipment:** Bolster, Blanket, 2 blocks, belt, chair.