

**Class: Introducing Sadhana Part 2a** Teacher: Alan Goode Date: 25-09-2015

**Comments:** Working with dullness/ sluggishness. AMS virasana, Surya Namaskara, Standing asanas, chair chatush.  
 45 minute practice.

Asana	Alternative: menstruation/other
Supta baddha konasana	
Adho mukha virasana (AMV)	
Adho mukha svanasana (AMS)	
Parvartanasana in virasana	
Pascha namaskara in virasana	
AMS	
Vasisthasana	AMVirasana
AMS	
Surya Namaskara	10 mins
Tadasana to Urdhva hastasana	
Utthita trikonasana	Heel to support for all Standing asanas
Tadasana to Urdhva hastasana	
Utthita parsvakonasana	
Tadasana to Urdhva hastasana	
Ardha chandrasana	
Tadasana to Urdhva hastasana	
Parsvottanasana	
Prasarita padottanasana	
Chair Chatush padasana x 3	Setu bandha on block- knees bent/ feet on floor
Savasana	

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