

**Class: Introducing Sadhana Part 2b** Teacher: Alan Goode Date: 25-10-2015

**Comments:** AMS, abdominal, Surya Namaskara with Standing asanas, chair chatush, Forward bend.

41 minute practice.

| Asana                                                                                                                                                                                                                                                                 | Alternative: menstruation/other                                                                                          |
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| Supta baddha konasana                                                                                                                                                                                                                                                 |                                                                                                                          |
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| Adho mukha virasana (AMV)                                                                                                                                                                                                                                             |                                                                                                                          |
| Adho mukha svanasana (AMS)                                                                                                                                                                                                                                            |                                                                                                                          |
| Vasisthasana                                                                                                                                                                                                                                                          | Parvartanasana in virasana                                                                                               |
| AMS                                                                                                                                                                                                                                                                   | Pascha namaskara in virasana                                                                                             |
| Bent leg Jathara 10                                                                                                                                                                                                                                                   | Gomukhasana in virasana                                                                                                  |
| Urdhva prasarita padasana x 15                                                                                                                                                                                                                                        | Garudasana in virasana                                                                                                   |
| AMS                                                                                                                                                                                                                                                                   |                                                                                                                          |
|                                                                                                                                                                                                                                                                       |                                                                                                                          |
| Surya Namaskara including 15-20 mins <ul style="list-style-type: none"> <li>• Utthita trikonasana</li> <li>• Utthita parsvakonasana</li> <li>• Ardha chandrasana</li> <li>• Parsvottanasana</li> <li>• Prasarita padottanasana</li> <li>• Virabhadrasana 1</li> </ul> | Step from tadasana. Heel to support for all Standing asanas                                                              |
|                                                                                                                                                                                                                                                                       |                                                                                                                          |
| Chair Chatush padasana x 3                                                                                                                                                                                                                                            | Setu bandha on block- knees bent/ feet on floor                                                                          |
|                                                                                                                                                                                                                                                                       | This practice can be expanded by including Salamba Sirsasana and Salamba Sarvangasana in place of chair Chatush padasana |
| Janu Sirsasana 0.5min/ 1min                                                                                                                                                                                                                                           |                                                                                                                          |
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| Savasana                                                                                                                                                                                                                                                              |                                                                                                                          |
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**Equipment:** Bolster, Blanket, 2 blocks, belt, chair. Include shoulderstand cushions or blankets if including Salamba sarvangasana