

**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
Supta baddha konasana	
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	
Savasana	

**Equipment:** Bolster, Blanket, 2 blocks, belt, chair. Include shoulderstand cushions or blankets if including Salamba sarvangasana