

**Class: Introducing Sadhana Part 3a**   Teacher: Alan Goode   Date: 29-10-2015

**Comments:** Surya Namaskara, Standing asanas, Inversions. Forward bends  
 45 minute practice.

Asana	Alternative: menstruation/other
Surya Namaskara-10 mins	Adho mukha svanasana & Virasana with arm variations
Tadasana	
Utthita trikonasana	Step from tadasana. Heel to support for all Standing asanas
Utthita parsvakonasana	
Ardha chandrasana	
Virabhadrasana 1	
Parsvottanasana	
Prasarita padottanasana	
Vriksasana	
Garudasana	
Chair Chatush padasana x 3	Setu bandha on block- knees bent/ feet on floor
	This sequence can be extended by introducing Salamba Sirsasana and Salamba Sarvangasana before the forward bends
Janu Sirsasana	
Triang mukhaikapada paschimottanasana	
Paschimottanasana	
Savasana	

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