

Class: Introducing Sadhana Part 3b Teacher: Alan Goode Date: 20-12-2015

Comments: Surya namaskar, Abdominal, Standing asanas, Inversions, Twists.
55 minute practice.

Asana	Alternative: menstruation/other
Surya Namaskara-10 mins	Supta Baddha konasana & supta virasana
Adho mukha svanasana (AMS)	
Vasisthasana	Parvartanasana in virasana
Bent leg Jathara 10	Pascha namaskara in virasana
Urdhva prasarita padasana x 15	Gomukhasana in virasana
AMS	Garudasana in virasana
Tadasana	
Utthita trikonasana	Step from tadasana. Heel to support for all Standing asanas
Utthita parsvakonasana	
Ardha chandrasana	
Virabhadrasana 1	
Chair Chatush padasana x 3	Setu bandha on T shaped bolsters
	This sequence can be extended by introducing Salamba Sirsasana and Salamba Sarvangasana before the twists.
Bharadvajasana 1	
Marichyasana 3	
Savasana	

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