

**Class: Introducing Sadhana**

Teacher: Alan Goode

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Comments: AMS virasana cycle with block and belt

Asana	Alternative: menstruation/other
Adho mukha svanasana (AMS)	
Parvartanasana in virasana	
AMS	
Ghomukhasana in virasana	
AMS	
Garudasana in virasana	
AMS	