
















Key Standing Poses with Repetition

WB 4th Jan 2021

<u>Time</u>	<u>Beg.</u>	<u>Asana</u>	<u>Pic</u>	<u>Ref.</u>	<u>Men.</u>	<u>My Notes</u>	<u>Your Notes</u>
0m (4)		NOTICES:				WARNING: Please see lesson plan notes sheet <u>before</u> use.	
4m (4)	I2	namaskarasana (in swastikasana)		LOP 5	A	INVOCATION ॐ ॐ ॐ	
8m (4)		The (Romanised) Sanskrit original of Yoga Sutra ii.29 is 'coming soon'				Toby's Long Translation of Yoga Sutra ii.29 is 'Coming Soon'	
		Guruji BKS Iyengar's Translation of Yoga Sutra ii.29 is 'Moral injunctions (yama), fixed observances (niyama), posture (asana), regulation of breath (pranayama), internalisation of the senses towards their source (pratyahara), concentration (dharana), meditation (dhyana), and absorption of consciousness in the self (samadhi), are the eight constituents of yoga.'				Gitte Beschguard's Translation of Yoga Sutra ii.29 is 'Gitte Beschguard has not (Yet!) Published a Translation of Book ii.'	
		Sri Swami Sachchidananda's Translation of Yoga Sutra ii.29 is 'The eight limbs of Yoga are: 1) yama (abstinence) 2) niyama (observance) 3) asana (posture) 4) pranayama (breath control) 5) pratyahara (sense withdrawal) 6) dharana (concentration) 7) dhyana (meditation) 8) samadhi (contemplation, absorption or super-conscious state)'.				Harinanada's Translation of Yoga Sutra (from his Translation of Vyasa Sanskrit Commentary) ii.29 is 'Yama (restraint), Niyama (observance), Asana (posture), Pranayama (regulation of breath), Pratyahara (withholding of senses), Dharana (fixity), Dhyana (meditation) and Samadhi (perfect concentration) are the eight means of attaining Yoga.'	
12m (2)	3M	tadasana		LOY 1	A		

14m (3)	3M	adho mukha svanasana		LOY 75	A
17m (3)	3M	uttanasana		LOY 47/8	A
20m (5)	3M	utthita trikonasana		LOY 4	A
25m (4)	3M	utthita trikonasana		LOY 4	A
29m (5)	3M	virabhadrasana II		LOY 15	A
34m (4)	3M	virabhadrasana II		LOY 15	A
38m (5)	3M	virabhadrasana I		LOY 14	A
43m (4)	3M	virabhadrasana I		LOY 14	A
47m (5)	3M	utthita parsvakonasana		LOY 8	A
52m (4)	3M	utthita parsvakonasana		LOY 8	A
56m (5)		salamba sirsasana		LOY 185	R
1h 1m (4)	3M	virasana		LOY 89	G
1h 5m (2)	0	urdhva hastasana (arms)			A
1h 7m (4)		swastikasana		LOP 5	G
1h 11m (2)	3M	parvatasana (arms)		LOY 107	A

1h 13m (4)		baddha konasana		LOY 101	G
1h 17m (2)	3M	gomukhasana (arms only)		LOY 81	A
1h 19m (5)	3M	salamba sarvangasana 1		LOY 234	R
1h 24m (1)	3M	halasana		LOY 240	R
1h 25m (5)	3M	savasana		LOY 592	G