





















Standing on Your Legs and Going Forwards

WB 11th Jan '21

<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: Sutra focus is on the first yama from ii.30 - ahimsa = non-violence (negative form) = kindness (positive form)				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.30 is 'coming soon'				Toby's Long Translation of Yoga Sutra ii.30 is 'Coming Soon'	
		Guruji BKS Iyengar's Translation of Yoga Sutra ii.30 is 'Non-violence, truth, abstention from stealing, continence, and absence of greed for possessions beyond one's need are the five pillars of yama.'				Gitte Beschguard's Translation of Yoga Sutra ii.30 is 'Gitte Beschguard has not (Yet!) Published a Translation of Book ii.'	
		Sri Swai Satchinanda's Translation of Yoga Sutra ii.30 is 'Yama consists of non-violence, truthfulness, non-stealing, continence, and non-greed.'				Harinanada's Translation of Yoga Sutra (from his Translation of Vyasa Sanskrit Commentary) ii.30 is 'Ahimsa (non-injury), Satya (truth), Asteya (abstention from stealing), Brahmacharya (continence) and Aparigraha (abstinence from Avariciousness) are the five Yamas (forms of restraint).'	
12m (2)	3M	tadasana		LOY 1	A		
14m (2)	0	urdhva hastasana (arms)			A		
16m (3)	3M	parvatasana (arms)		LOY 107	A		
19m (3)	3M	gomukhasana (arms only)		LOY 81	A		
22m (2)		paschima namaskarasana			A		

24m (3)	3M	adho mukha svanasana		LOY 75	A	
27m (3)	3M	uttanasana		LOY 47/8	A	
30m (5)	3M	padangusthasana		LOY 44	A	
35m (5)	3M	prasarita padottanasana 1		LOY 33	A	
40m (5)	3M	utthita trikonasana		LOY 4	A	
45m (4)	3M	parsvottanasana		LOY 26	A	flat back
49m (4)	3M	parsvottanasana		LOY 26	A	full pose (hands flat on floor)
53m (4)	3M	parsvottanasana		LOY 26	A	try lifting hands and replacing (at flat back and in full pose) Know that the full pose is hands in paschima namaskarasana
57m (5)		salamba sirsasana		LOY 185	R	
1h 2m (3)	3M	virasana		LOY 89	G	
1h 5m (5)	3M	triang mukhaikapada paschimottanasana		LOY 139	G	
1h 10m (5)		janu sirsasana		LOY 129	G	
1h 15m (4)		paschimottanasana		LOY 160	G	

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		