



















Forward Bends

WB 25th Jan '21 (Maybe)

<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 i.30 is 'vyādhi styāna samśaya pramāda ālasya avirati bhrāntidarśana alabdhabhūmikatva anavathitatvāni cittavikṣepaḥ te antarāyāḥ'				Toby's Long Translation of Yoga Sutra i.30 is 'The 9 obstacles to deepening yoga are physical illness, lack of mental motivation, indecision and doubt, lack of caring, a tired lack of physical energy, failure to resist things, falsely seeing things not as they are, failure to attain yogic states, failure to	
		Guruji BKS Iyengar's Translation of Yoga Sutra i.30 is 'These obstacles are disease, inertia, doubt, heedlessness, laziness, indiscipline of the senses, erroneous views, lack of perseverance, and backsliding.'				Gitte Beschguard's Translation of Yoga Sutra i.30 is 'Illness, incompetence, doubt, carelessness, laziness, non-abstention, misconception, failure to attain states, instability in states attained; these are the nine distractions of mind, the obstacles on the Yogic path'	
		Sri Swai Satchinanda's Translation of Yoga Sutra i.30 is 'Disease, dullness, doubt, carelessness, laziness, sensuality, false perception, failure to reach firm ground and slipping from the ground gained - these distractions of the mind-stuff are the obstacles.'				Harinanada's Translation of Yoga Sutra (from his Translation of Vyasa Sanskrit Commentary) i.30 is 'Sickness, incompetence, doubt, delusion, sloth, non-abstention, erroneous conception, non-attainment of any yogic stage, and instability to stay in a yogic state. these distractions of the mind are the	
12m (3)	3M	adho mukha svanasana		LOY 75	A		
15m (3)	3M	uttanasana		LOY 47/8	A	flat back	
18m (3)	3M	uttanasana		LOY 47/8	A	full pose	
21m (4)	3M	padangusthasana		LOY 44	A	flat back	
25m (3)	3M	padangusthasana		LOY 44	A	full pose	

28m (4)	3M	padhahastasana		LOY 46	A	flat back
32m (3)	3M	padhahastasana		LOY 46	A	full pose
35m (4)	3M	prasarita padottanasana 1		LOY 33	A	flat back
39m (3)	3M	prasarita padottanasana 1		LOY 33	A	full pose
42m (5)	3M	parsvottanasana		LOY 26	A	flat back
47m (4)	3M	parsvottanasana		LOY 26	A	full pose
51m (5)		utthita hasta padangustasana 1		LOY 21	A	
56m (5)		salamba sirsasana		LOY 185	R	
1h 1m (5)	3M	triang mukhaikapada paschimottanasana		LOY 139	G	
1h 6m (5)		janu sirsasana		LOY 129	G	
1h 11m (4)		upavistha konasana (forward)		LOY 150	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