





















Twists

Maybe WB 1st Feb '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:				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).'	
3M		adho mukha svanasana		LOY 75	A		
3M		uttanasana		LOY 47/8	A		
3M		adho mukha svanasana		LOY 75	A		
0		urdhva hastasana (arms)			A		
3M		parvatasana (arms)		LOY 107	A		

3M	adho mukha svanasana		LOY 75	A	
3M	uttanasana		LOY 47/8	A	
3M	utthita trikonasana		LOY 4	A	
3M	parsvottanasana		LOY 26	A	
3M	virabhadrasana I		LOY 14	A	
3M	utkatasana		LOY 42	R	
	salamba sirsasana		LOY 185	R	
3M	virasana		LOY 89	G	
3M	virasana		LOY 89	G	twisting
	swastikasana		LOP 5	G	twisting
0	urdhva hastasana (arms)			A	in above
0	chair bharadvajasana			A	
3M	bharadvajasana I		LOY 298	A	hands down
3M	bharadvajasana I		LOY 298	A	full pose
	bharadvajasana II		LOY 300	A	

3M	salamba sarvangasana 1		LOY 234	R
3M	halasana		LOY 240	R
3M	savasana		LOY 592	G