

Super Gentle Restorative

Maybe WB 22nd 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:				<b>WARNING: Please see lesson plan notes sheet <u>before</u> use.</b>	
4m (4)	I2	namaskarasana (in swastikasana)		LOP 5	A	<b>INVOCATION</b>	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 Swai Satchinanda'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.'	
	3M	virasana		LOY 89	G		
		upavistha konasana		LOY 148	G		

		baddha konasana		LOY 101	G	
		supta virasana		LOY 96	G	
		viparita dandasana (cross-bolsters)		WOM 8.7C	G	
		supta baddha konasana		GEM 38	G	
3M		setu bandha sarvangasana (bolster)		WOM 8.10A	G	
		supta baddha konasana		GEM 38	G	
		supta swastikasana			G	
3M		savasana		LOY 592	G	chest supported
3M		ujjayi pranayama 1		LOP Ch19	G	chest supported
3M		ujjayi pranayama 2		LOP Ch19	G	chest supported
		ujjayi pranayama 3		LOP Ch19	G	chest supported
3M		savasana		LOY 592	G	Flat to floor