















## Active Restorative Class

Maybe WB 8th 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.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	Head Supported	
	3M	uttanasana		LOY 47/8	A		
	3M	prasarita padottanasana 1		LOY 33	A		
	3M	upavistha konasana (forward)		LOY 150	G		
	3M	triang mukhaikapada paschimottanasana		LOY 139	G		

	janu sirsasana		LOY 129	G	
	paschimottanasana		LOY 160	G	
3M	virasana		LOY 89	G	Upright
	supta virasana		LOY 96	G	
	viparita dandasana (cross-bolsters)		WOM 8.7C	G	
	supta baddha konasana		GEM 38	G	Chest/Ribs
3M	setu bandha sarvangasana (brick/blocks)		WOM 8.9C	A	& Head Supported
3M	savasana		LOY 592	G	(except setu bandha)
3M	ujjayi pranayama 1		LOP Ch19	G	
3M	ujjayi pranayama 2		LOP Ch19	G	
	ujjayi pranayama 3		LOP Ch19	G	
3M	savasana		LOY 592	G	Flat to floor