

**THE RAJA YOGA INSTITUTE**

**“AJITA PADA” the path towards enlightenment according to Ajita**

**Lessons scheme of the BASIC TRAINING COURSE**

13 feb 04

Lesson	Time	Asana	Theory	Asana's at home	Time
Lesson 1		Namaskar Tada Vrksa Utthita Trikona Utthita Parsvakona Sukha	Ahimsa	Namaskar Tada Vrksa Utthita Trikona Utthita Parsvakona Sukha	
Lesson 2		Asana Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I Hala Sava Sukha	Satya	Asana's at home Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I Hala Sava Sukha	
	10 "				10 "
Lesson 3		Asana Namaskar Tada Vrksa Utthita Trikona Utthita Parsvakona Sukha	Asteya	Asana's at home Namaskar Tada Vrksa Utthita Trikona Utthita Parsvakona Sukha	
	10 "				10 "
	10 "				10 "
	10 "				10 "
	10 "				10 "
	10 "				10 "
	20 "				20 "
Lesson 4		Asana Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I Hala Sava Sukha	Brahmacarya	Asana's at home Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I Hala Sava Sukha	
	10 "				10 "
	10 "				10 "
	10 "				10 "
	10 "				10 "
	10 "				10 "
	10 "				10 "
	30 "				30 "

Lesson 5	Time	Asana	Theory Aparigraha	Asana's at home	Time
	20 "	Namaskar		Namaskar	20 "
	20 "	Tada		Tada	20 "
	20 "	Vrksa		Vrksa	20 "
	20 "	Utthita Trikona		Utthita Trikona	20 "
	20 "	Utthita Parsvakona		Utthita Parsvakona	20 "
	20 "	Virabhadra I		Virabhadra I	20 "
	20 "	Virabhadra II		Virabhadra II	20 "
	40 "	Sukha		Sukha	40 "
Lesson 6	Time	Asana	Theory Shaucha	Asana's at home	Time
		Parivritta trikona		Parivritta trikona	
	20 "	Parsvottan		Parsvottan	20 "
		Prasarita Padottan I		Prasarita Padottan I	
	20 "	Salamba Sarvanga I		Salamba Sarvanga I	20 "
	20 "	Hala		Hala	20 "
	20 "	Sava		Sava	20 "
50 "	Sukha	Sukha	50 "		
Lesson 7	Time	Asana	Theory Santosha	Asana's at home	Time
	30 "	Namaskar		Namaskar	30 "
	30 "	Tada		Tada	30 "
	30 "	Vrksa		Vrksa	30 "
	30 "	Utthita Trikona		Utthita Trikona	30 "
	30 "	Utthita Parsvakona		Utthita Parsvakona	30 "
	30 "	Virabhadra I		Virabhadra I	30 "
	30 "	Virabhadra II		Virabhadra II	30 "
	1 '	Sukha			
Lesson 8	Time	Asana	Theory Tapas	Asana's at home	Time
	10 "	Parivritta trikona		Parivritta trikona	10 "
	30 "	Parsvottan		Parsvottan	30 "
	10 "	Prasarita Padottan I		Prasarita Padottan I	10 "
	30 "	Salamba Sarvanga I		Salamba Sarvanga I	30 "
	30 "	Hala		Hala	30 "
	30 "	Sava		Sava	30 "

	1 ' 10"	Sukha		Sukha	1 ' 10 "
Lesson 9	Time	Asana	Theory	Asana's at home	Time
	40 "	Namaskar	Svadyaya	Namaskar	40 "
	40 "	Tada		Tada	40 "
	40 "	Vrksa		Vrksa	40 "
	40 "	Utthita Trikona		Utthita Trikona	40 "
	40 "	Utthita Parsvakona		Utthita Parsvakona	40 "
	40 "	Virabhadra I		Virabhadra I	40 "
	40 "	Virabhadra II		Virabhadra II	40 "
	20 "	Parivritta trikona		Parivritta trikona	20 "
	40 "	Parsvottan		Parsvottan	40 "
	1 ' 20 "	Sukha		Sukha	1 ' 20 "
Lesson 10	Time	Asana	Theory	Asana's at home	Time
	20 "	Prasarita Padottan I	Ishvara Pranidhana	Prasarita Padottan I	20 "
		Urdhva Prasarita Pada		Urdhva Prasarita Pada	
		Paripurna Nava		Paripurna Nava	
		Ardha Nava		Ardha Nava	
	40 "	Salamba Sarvanga I		Salamba Sarvanga I	40 "
	40 "	Hala		Hala	40 "
	40 "	Sava		Sava	40 "
	1 ' 30 "	Sukha		Sukha	1 ' 30 "
Lesson 11	Time	Asana	Theory	Asana's at home	Time
	50 "	Namaskar	Asana	Namaskar	50 "
	50 "	Tada		Tada	50 "
	50 "	Vrksa		Vrksa	50 "
	50 "	Utthita Trikona		Utthita Trikona	50 "
	50 "	Utthita Parsvakona		Utthita Parsvakona	50 "
	50 "	Virabhadra I		Virabhadra I	50 "
	50 "	Virabhadra II		Virabhadra II	50 "
	30 "	Parivritta trikona		Parivritta trikona	30 "
	50 "	Parsvottan		Parsvottan	50 "
	1' 40 "	Sukha		Sukha	1 ' 40 "
Lesson 12	Time	Asana	Theory	Asana's at home	Time

	30 "	Prasarita Padottan I		Prana	Prasarita Padottan I	30 "
	10 "	Urdhva Prasarita Pada			Urdhva Prasarita Pada	10 "
	10 "	Paripurna Nava			Paripurna Nava	10 "
	10 "	Ardha Nava			Ardha Nava	10 "
	50 "	Salamba Sarvanga I			Salamba Sarvanga I	50 "
	50 "	Hala			Hala	50 "
	50 "	Sava			Sava	50 "
	1 ' 50 "	Sukha			Sukha	1 ' 50 "
Lesson 13	Time	Asana	Kriya	Theory	Asana's at home	Time
	1 '	Namaskar	Dhauti	H.Y.P. II 21-25	Namaskar	1 '
	1 '	Tada		Ajna Cakra	Tada	1 '
	1 '	Vrksa			Vrksa	1 '
	1 '	Utthita Trikona			Utthita Trikona	1 '
	1 '	Utthita Parsvakona			Utthita Parsvakona	1 '
	1 '	Virabhadra I			Virabhadra I	1 '
	1 '	Virabhadra II			Virabhadra II	1 '
	40 "	Parivritta trikona			Parivritta trikona	40 "
Lesson 14	Time	Asana	Kriya	Theory	Asana's at home	Time
	1 '	Parsvottan	Vasti	H.Y.P. II 26-28	Parsvottan	1 '
	40 "	Prasarita Padottan I		Muladhara Cakra	Prasarita Padottan I	40 "
	20 "	Urdhva Prasarita Pada			Urdhva Prasarita Pada	20 "
	20 "	Paripurna Nava			Paripurna Nava	20 "
	20 "	Ardha Nava			Ardha Nava	20 "
	1 '	Salamba Sarvanga I			Salamba Sarvanga I	1 '
	1 '	Hala			Hala	1 '
	1 '	Sava			Sava	1 '
	2 '	Sukha			Sukha	2 '
Lesson 15	Time	Asana	Kriya	Theory	Asana's at home	Time
			Neti	H.Y.P. II 29-30	Namaskar	1 ' 10 "
				Svadhithana Cakra	Tada	1 ' 10 "
					Vrksa	1 ' 10 "
					Utthita Trikona	1 ' 10 "
					Utthita Parsvakona	1 ' 10 "
					Virabhadra I	1 ' 10 "

		Virabhadrasana III			Virabhadra II	1 ' 10 "
		Ardha Chandra			Virabhadrasana III	
50 "		Parivritta trikona			Ardha Chandra	
					Parivritta trikona	50 "
50 "		Prasarita Padottan I			Parsvottan	1 ' 10 "
		Prasarita Padottan II			Prasarita Padottan I	50 "
30 "		Urdhva Prasarita Pada			Prasarita Padottan II	
30 "		Paripurna Nava			Urdhva Prasarita Pada	30 "
30 "		Ardha Nava			Paripurna Nava	30 "
					Ardha Nava	30 "
					Salamba Sarvanga I	1 ' 10 "
					Hala	1 ' 10 "
					Sava	1 ' 10 "
2 ' 10 "		Sukha			Sukha	2 ' 10 "
Lesson 16	Time	Asana	Kriya	Theory	Asana's at home	Time
			Trataka	H.Y.P. II 31-32	Namaskar	1 ' 20 "
				Manipura Cakra	Tada	1 ' 20 "
					Vrksa	1 ' 20 "
					Utthita Trikona	1 ' 20 "
					Utthita Parsvakona	1 ' 20 "
					Virabhadra I	1 ' 20 "
					Virabhadra II	1 ' 20 "
	10 "	Virabhadrasana III			Virabhadrasana III	10 "
	10 "	Ardha Chandra			Ardha Chandra	10 "
	1 '	Parivritta trikona			Parivritta trikona	1 '
		Parivritta Parsvakona			Parivritta Parsvakona	
					Parsvottan	1 ' 20 "
	10 "	Prasarita Padottan II			Prasarita Padottan I	1 '
		Parigha			Prasarita Padottan II	10 "
	40 "	Urdhva Prasarita Pada			Parigha	
	2 ' 20 "	Sukha			Urdhva Prasarita Pada	40 "
					Sukha	2 ' 20 "
Lesson 17	Time	Asana	Kriya	Theory	Asana's at home	Time
	40 "	Paripurna Nava	Nauli	H.Y.P. II 33-34	Paripurna Nava	40 "
	40 "	Ardha Nava		Anahata Cakra	Ardha Nava	40 "

		Karnapida Ekapada Sarvanga Jatara Parivartan			Salamba Sarvanga I Hala Karnapida Ekapada Sarvanga Jatara Parivartan Sava Sukha	1 ' 20 " 1 ' 20 "    1 ' 20 " 2 ' 30 "
Lesson 18	Time	Asana	Kriya Kapalabhati Gajakarani	Theory H.Y.P. II 35-37 H.Y.P. II 38 Vishuddhi Cakra	Asana's at home Namaskar Tada Vrksa Utthita Trikona Utthita Parsvakona Virabhadra I Virabhadra II Virabhadrasana III Ardha Chandra Parivritta trikona Parivritta Parsvakona Parsvottan Prasarita Padottan I Prasarita Padottan II Parigha Urdhva Prasarita Pada Sukha	Time 1 ' 30 " 1 ' 30 " 1 ' 30 " 1 ' 30 " 1 ' 30 " 1 ' 30 " 1 ' 30 " 20 " 20" 1 ' 10 " 10 " 1 ' 30 " 1 ' 10 " 20 " 10 " 50 " 2 ' 40 "
	2 ' 30 "	Sukha				
	20 "	Virabhadrasana III				20 "
	20 "	Ardha Chandra				20"
	10 "	Parivritta Parsvakona				1 ' 10 "
	20 "	Prasarita Padottan II				10 "
	10 "	Parigha				1 ' 30 "
	50 "	Urdhva Prasarita Pada				1 ' 10 "
	2 ' 40 "	Sukha				20 " 10 " 1 ' 30 " 1 ' 10 " 20 " 10 " 50 " 2 ' 40 "
Lesson 19	Time	Asana	Kriya Dhauti	Theory Sahasrara Cakra	Asana's at home Paripurna Nava Ardha Nava Salamba Sarvanga I Hala Karnapida Ekapada Sarvanga Jatara Parivartan Sava Sukha	Time 50 " 50 "  1 ' 30 " 1 ' 30 " 10 " 10 " 10 " 1 ' 30 " 2 ' 50 "
	50 "	Paripurna Nava				50 "
	50 "	Ardha Nava				50 "
	10 "	Karnapida	Pranayama Nadi Sodhana	Rhythm 12/48/24/48		1 ' 30 "
	10 "	Ekapada Sarvanga				1 ' 30 "
	10 "	Jatara Parivartan				10 "
	2 ' 50 "	Sukha				10 " 1 ' 30 " 2 ' 50 "

Lesson 20	Time	Asana	Kriya	Theory	Asana's at home	Time		
			Dhauti			H.Y.P. II 1-10	Namaskar	1 ' 40 "
			Pranayama			Rhythm	Tada	1 ' 40 "
			Nadi Sodhana			12/48/24/48	Vrksa	1 ' 40 "
	20 "	Parivritta Parsvakona					Utthita Trikona	1 ' 40 "
							Parivritta trikona	1 ' 20 "
							Utthita Parsvakona	1 ' 40 "
	30 "	Virabhadrasana III					Parivritta Parsvakona	20 "
	30"	Ardha Chandra					Virabhadra I	1 ' 40 "
							Virabhadra II	1 ' 40 "
30 "	Prasarita Padottan II			Virabhadrasana III	30 "			
	Padangustha			Ardha Chandra	30"			
	Padahasta			Parsvottan	1 ' 40 "			
3 ' 10 "	Sukha			Prasarita Padottan I	1 ' 40 "			
				Prasarita Padottan II	30 "			
				Padangustha				
				Padahasta				
				Sukha	3 ' 10 "			
Lesson 21	Time	Asana	Kriya	Theory	Asana's at home	Time		
		Uttan	Vasti			H.Y.P. II 11-20	Uttan	
	20 "	Parigha					Parigha	20 "
	1 ' 10 "	Urdhva Prasarita Pada	Pranayama			Rhythm	Urdhva Prasarita Pada	1 ' 10 "
	1 ' 10 "	Paripurna Nava	Nadi Sodhana			12/48/24/48	Paripurna Nava	1 ' 10 "
	1 ' 10 "	Ardha Nava					Ardha Nava	1 ' 10 "
							Salamba Sarvanga I	1 ' 40 "
	20 "	Karnapida					Hala	1 ' 40 "
	20 "	Ekapada Sarvanga					Karnapida	20 "
	20 "	Jatara Parivartan					Ekapada Sarvanga	20 "
				Jatara Parivartan	20 "			
				Sava	1 ' 40 "			
3 ' 10 "	Sukha			Sukha	3 ' 10 "			
Lesson 22	Time	Asana	Kriya	Theory	Asana's at home	Time		
			Vasti			H.Y.P. II 39-47	Namaskar	1 ' 50 "
							Tada	1 ' 50 "

			Pranayama Nadi Sodhana	Rhythm 12/48/24/48	Vrksa Utthita Trikona Parivritta trikona Utthita Parsvakona Parivritta Parsvakona Virabhadra I Virabhadra II Virabhadrasana III Ardha Chandra Parsvottan Prasarita Padottan I Prasarita Padottan II Padangustha Padahasta Sukha	1 ' 50 " 1 ' 50 " 1 ' 30 " 1 ' 50 " 30 " 1 ' 50 " 1 ' 50 " 40 " 40" 1 ' 50 " 1 ' 50 " 40 " 10 " 10 " 10 " 3 ' 20 "
Lesson 23	Time	Asana	Kriya Neti	Theory H.Y.P. I 1-10	Asana's at home Uttan Parigha Urdhva Prasarita Pada Paripurna Nava Ardha Nava Salamba Sarvanga I Hala Karnapida Ekapada Sarvanga Jatara Parivartan Sava Sukha	Time 10 " 30 " 1 ' 10 " 1 ' 10 " 1 ' 10 " 1 ' 50 " 1 ' 50 " 30 " 30 " 30 " 1 ' 50 " 3 ' 30 "
			Pranayama Nadi Sodhana	Rhythm 16/64/32/64		
			Kriya Neti	Theory H.Y.P. I 11-17	Asana's at home Namaskar Tada Vrksa Utthita Trikona Parivritta trikona Utthita Parsvakona	Time 2 ' 2 ' 2 ' 2 ' 1 ' 40 " 2 '
			Pranayama Nadi Sodhana	Rhythm 16/64/32/64		



40 "	Parivritta Parsvakona			Parivritta Parsvakona	40 "
				Virabhadra I	2 '
				Virabhadra II	2 '
50 "	Virabhadrasana III			Virabhadrasana III	50 "
50"	Ardha Chandra			Ardha Chandra	50"
				Parsvottan	2 '
				Prasarita Padottan I	2 '
50 "	Prasarita Padottan II			Prasarita Padottan II	50 "
20 "	Padangustha			Padangustha	20 "
3 ' 40 "	Sukha			Sukha	3 ' 40 "

Lesson 25	Time	Asana	Kriya	Theory	Asana's at home	Time
	20 "	Padahasta	Trataka	H.Y.P. I 18-32	Padahasta	20 "
	20 "	Uttan			Uttan	20 "
	40 "	Parigha	Pranayama	Rhythm	Parigha	40 "
			Nadi Sodhana	16/64/32/64	Urdhva Prasarita Pada	1 ' 20 "
					Paripurna Nava	1 ' 20 "
					Ardha Nava	1 ' 20 "
					Salamba Sarvanga I	2 '
					Hala	2 '
	40 "	Karnapida			Karnapida	40 "
	40 "	Ekapada Sarvanga			Ekapada Sarvanga	40 "
	40 "	Jatara Parivartan			Jatara Parivartan	40 "
					Sava	2 '
	3 ' 50 "	Sukha			Sukha	3 ' 50 "

Lesson 26	Time	Asana	Kriya	Theory	Asana's at home	Time
		Salamba Sirsa I	Trataka	H.Y.P. I 33-49	Namaskar	2 ' 10 "
			Pranayama	Rhythm	Salamba Sirsa I	
			Nadi Sodhana	16/64/32/64	Tada	2 ' 10 "
					Vrksa	2 ' 10 "
					Utthita Trikona	2 ' 10 "
					Parivritta trikona	1 ' 50 "
					Utthita Parsvakona	2 ' 10 "
	50 "	Parivritta Parsvakona			Parivritta Parsvakona	50 "
					Virabhadra I	2 ' 10 "
					Virabhadra II	2 ' 10 "

1'	Virabhadrasana III			Virabhadrasana III	1'
1'	Ardha Chandra			Ardha Chandra	1'
				Parsvottan	2' 10"
				Prasarita Padottan I	2' 10"
1'	Prasarita Padottan II			Prasarita Padottan II	1'
30"	Padangustha			Padangustha	30"
30"	Padahasta			Padahasta	30"
30"	Uttan			Uttan	30"
50"	Parigha			Parigha	50"
	Salabha			Salabha	
4'	Sukha			Sukha	4'

Lesson 27	Time	Asana Dhanura Bhujang I	Kriya Nauli	Theory H.Y.P. I 50-67	Asana's at home Dhanura Bhujang I	Time
			Pranayama Nadi Sodhana	Rhythm 20/80/40/80	Urdhva Prasarita Pada Paripurna Nava Ardha Nava Salamba Sarvanga I Hala Karnapida Supta Kona	1' 30" 1' 30" 1' 30" 2' 10" 2' 10" 50"
	50"	Karnapida Supta Kona			Ekapada Sarvanga	1'
	1'	Ekapada Sarvanga			Jatara Parivartan	50"
	50"	Jatara Parivartan Janusirsa Danda Paschimottan			Janusirsa Danda Paschimottan Sava	2' 10" 4' 10"
	4' 10"	Sukha			Sukha	4' 10"

Lesson 28	Time	Asana	Kriya Nauli	Theory Pratyahara	Asana's at home Namaskar	Time
	10"	Salamba Sirsa I	Pranayama Nadi Sodhana	Rhythm 20/80/40/80	Salamba Sirsa I Tada Vrksa Utthita Trikona Parivritta trikona	2' 20" 10" 2' 20" 2' 20" 2' 20" 2'

1'	Parivritta Parsvakona			Utthita Parsvakona	2' 20"
				Parivritta Parsvakona	1'
				Virabhadra I	2' 20"
				Virabhadra II	2' 20"
				Virabhadrasana III	1' 10"
				Ardha Chandra	1' 10"
				Parsvottan	2' 20"
				Prasarita Padottan I	2' 20"
				Prasarita Padottan II	1' 20"
40"	Padangustha			Padangustha	40"
40"	Padahasta			Padahasta	40"
40"	Uttan			Uttan	40"
1'	Parigha			Parigha	1'
10"	Salabha			Salabha	10"
4' 20"	Sukha			Sukha	4' 20"

Lesson 29	Time	Asana	Kriya	Theory	Asana's at home	Time
	10"	Dhanura	Kapalabhati	Sorts of Pratyahara	Dhanura	10"
	10"	Bhujang I			Bhujang I	10"
			Pranayama	Rhythm	Urdhva Prasarita Pada	1' 40"
			Nadi Sodhana	20/80/40/80	Paripurna Nava	1' 40"
					Ardha Nava	1' 40"
					Salamba Sarvanga I	2' 20"
					Halasana	2' 20"
	1'	Karnapida			Karnapida	1'
	10"	Supta Kona			Supta Kona	10"
					Ekapada Sarvanga	1' 10"
	1'	Jatara Parivartan			Jatara Parivartan	1'
	10"	Janusirsa			Janusirsa	10"
	10"	Danda			Danda	10"
	10"	Paschimottan			Paschimottan	10"
					Sava	2' 20"
	4' 30"	Sukha			Sukha	4' 30"

Lesson 30	Time	Asana	Kriya	Theory	Asana's at home	Time
	20"	Salamba Sirsa I	Kapalabhati	Yin-Yang model	Namaskar	2' 30"
					Salamba Sirsa I	20"

Pranayama  
Nadi Sodhana

Rhythm  
20/80/40/80

Tada 2 ' 30 "

Vrksa 2 ' 30 "

Utthita Trikona 2 ' 30 "

Parivritta trikona 2 ' 10 "

Utthita Parsvakona 2 ' 30 "

Parivritta Parsvakona 1 ' 10 "

Virabhadra I 2 ' 30 "

Virabhadra II 2 ' 30 "

Virabhadrasana III 1 ' 20 "

Ardha Chandra 1 ' 20 "

Parsvottan 2 ' 30 "

Prasarita Padottan I 2 ' 30 "

Prasarita Padottan II 1 ' 30 "

Padangustha 50 "

Padahasta 50 "

Uttan 50 "

Urdhva Prasarita Ekapada  
Utkata

Parigha 1 ' 10 "

Ustra

Salabha 20 "

Dhanura 20 "

Chaturanga Danda

Sukha 4 ' 40 "

Lesson 31

Time 20 "

Asana  
Bhujang I  
Urdhva Mukha Svana  
Adho Mukha Svana  
Vira

20 "

Supta Kona  
Parsva Hala

Parsvaikapada Sarvanga

Kriya  
Gajakarani

Pranayama  
Nadi Sodhana

Rhythm  
20/80/40/80

Theory  
Kriya Yoga  
Y.S. II 1-2

Asana's at home  
Bhujang I  
Urdhva Mukha Svana  
Adho Mukha Svana  
Vira

Salamba Sarvanga I 2 ' 30 "

Hala 2 ' 30 "

Karnapida 1 ' 10 "

Supta Kona 20 "

Parsva Hala

Ekapada Sarvanga 1 ' 20 "

Parsvaikapada Sarvanga

			Jatara Parivartan	1 ' 10 "
			Urdhva Prasarita Pada	1 ' 50 "
			Paripurna Nava	1 ' 50 "
			Ardha Nava	1 ' 50 "
20 "	Janusirsa		Janusirsa	20 "
20 "	Paschimottan		Paschimottan	20 "
	Purvottan		Purvottan	
			Sava	2 ' 30 "
	Siddha		Siddha	
4 ' 50 "	Sukha		Sukha	4 ' 50 "

Lesson 32	Time	Asana	Kriya	Theory	Asana's at home	Time
			Gajakarani	Klesha's	Namaskar	2 ' 40 "
	30 "	Salamba Sirsa I		Y.S. II 3-15	Salamba Sirsa I	30 "
			Pranayama	Rhythm	Tada	2 ' 40 "
			Nadi Sodhana	20/80/40/80	Vrksa	2 ' 40 "
					Utthita Trikona	2 ' 40 "
					Parivritta trikona	2 ' 20 "
					Utthita Parsvakona	2 ' 40 "
					Parivritta Parsvakona	1 ' 20 "
					Virabhadra I	2 ' 40 "
					Virabhadra II	2 ' 40 "
					Virabhadrasana III	1 ' 30 "
					Ardha Chandra	1 ' 30 "
					Parsvottan	2 ' 40 "
					Prasarita Padottan I	2 ' 40 "
					Prasarita Padottan II	1 ' 40 "
	1 '	Padangustha			Padangustha	1 '
	1 '	Padahasta			Padahasta	1 '
	1 '	Uttan			Uttan	1 '
	10 "	Urdhva Prasarita Ekapada			Urdhva Prasarita Ekapada	10 "
	10 "	Utkata			Utkata	10 "
					Parigha	1 ' 20 "
	10 "	Ustra			Ustra	10 "
	30 "	Salabha			Salabha	30 "
	30 "	Dhanura			Dhanura	30 "
	10 "	Chaturanga Danda			Chaturanga Danda	10 "

	30 "	Bhujang I				Bhujang I	30 "
	10 "	Urdhva Mukha Svana				Urdhva Mukha Svana	10 "
	5 '	Sukha				Sukha	5 '
Lesson 33	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 "	Adho Mukha Svana	Surya Bhedana	20/80/40/80	H.Y.P. II 48-50	Adho Mukha Svana	10 "
	10 "	Vira				Vira	10 "
						Salamba Sarvanga I	2 ' 40 "
						Hala	2 ' 40 "
						Karnapida	1 ' 20 "
	30 "	Supta Kona				Supta Kona	30 "
	10 "	Parsva Hala				Parsva Hala	10 "
						Ekapada Sarvanga	1 ' 30 "
	10 "	Parsvaikapada Sarvanga				Parsvaikapada Sarvanga	10 "
						Jatara Parivartan	1 ' 20 "
						Urdhva Prasarita Pada	2 '
						Paripurna Nava	2 '
						Ardha Nava	2 '
	30 "	Janusirsa				Janusirsa	30 "
	30 "	Paschimottan				Paschimottan	30 "
	10 "	Purvottan				Purvottan	10 "
						Sava	2 ' 40 "
	10 "	Siddha				Siddha	10 "
	5 ' 10 "	Sukha				Sukha	5 ' 10 "
Lesson 34	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya Bhedana	20/80/40/80	Klesha's	Namaskar	2 ' 50 "
					Y.S. II 16-22	Tada	2 ' 50 "
						Vrksa	2 ' 50 "
	40 "	Salamba Sirsa I				Salamba Sirsa I	40 "
						Utthita Trikona	2 ' 50 "
						Parivritta Trikona	2 ' 30 "
						Utthita Parsvakona	2 ' 50 "
						Parivritta Parsvakona	1 ' 30 "
						Virabhadra I	2 ' 50 "
						Virabhadra II	2 ' 50 "
						Virabhadrasana III	1 ' 40 "



	20 "	Siddha				Siddha	20 "
	5 ' 30 "	Sukha				Sukha	5 ' 30 "
Lesson 36	Time	Asana	Pranayama Ujjayi	Rhythm 20/80/40/80	Theory Klesha's Y.S. II 23-28	Asana's at home Namaskar Salamba Sirsa I Parsva Sirsa Ekapada Sirsa Salamba Sarvanga I Salamba Sarvanga II Niralamba Sarvanga I Niralamba Sarvanga II Hala Karnapida Supta Kona Parsva Hala Ekapada Sarvanga Parsvaikapada Sarvanga Urdhva Prasarita Pada Sukha	Time 2 ' 50 " 40 " 2 ' 50 " 3 ' 1 ' 40 " 50 " 30 " 1 ' 50 " 30 " 2 ' 20 " 5 ' 40 "
	40 "	Salamba Sirsa I Parsva Sirsa Ekapada Sirsa					
	50 "	Supta Kona					
	30 "	Parsva Hala					
	30 "	Parsvaikapada Sarvanga					
	5 ' 40 "	Sukha					
Lesson 37	Time	Asana	Pranayama Sitkari	Rhythm 20/80/40/80	Theory H.Y.P. II 54-56	Asana's at home Jatara Parivartan Chakra Paripurna Nava Ardha Nava Utkata Ustra Vira Salabha Dhanura Chaturanga Danda Sukha	Time 1 ' 40 " 2 ' 20 " 2 ' 20 " 30 " 30 " 30 " 50 " 50 " 30 " 5 ' 40 "
		Chakra					
	30 "	Utkata					
	30 "	Ustra					
	30 "	Vira					
	50 "	Salabha					
	50 "	Dhanura					
	30 "	Chaturanga Danda					
	5 ' 50 "	Sukha					
Lesson 38	Time	Asana	Pranayama Sitkari	Rhythm 20/80/40/80	Theory H.Y.P. II 57-58	Asana's at home Bhujang I Urdhva Mukha Svana	Time 50 " 30 "
	50 "	Bhujang I					
	30 "	Urdhva Mukha Svana					



30 "	Adho Mukha Svana				Adho Mukha Svana	30 "
50 "	Janusirsa				Janusirsa	50 "
	Triangmukhaikapada Paschimottan				Triangmukhaikapada Paschimottan	
	Ardha Baddha Padma Paschimottan				Ardha Baddha Padma Paschimottan	
	Marichy I				Marichy I	
	Marichy II				Marichy II	
5 ' 50 "	Sukha				Sukha	5 ' 50 "

Lesson 39	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
		Ubhaya Padangustha	Sitali	20/80/40/80	Sambhavi Mudra	Ubhaya Padangustha	
		Urdhva Mukha Paschimottan I				Urdhva Mukha Paschimottan I	
	30 "	Danda				Danda	30 "
	50 "	Paschimottan				Paschimottan	50 "
	30 "	Purvottan				Purvottan	30 "
		Bharadwaja I				Bharadwaja I	
		Bharadwaja II				Bharadwaja II	
		Mala I				Mala I	
		Baddha Kona				Baddha Kona	
	30 "	Siddha				Siddha	30 "
						Sava	3 '
	6 '	Sukha				Sukha	6 '

Lesson 40	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	20/80/40/80	Sambhavi Mudra	Namaskar	3 '
	50 "	Salamba Sirsa I				Salamba Sirsa I	50 "
	10 "	Parsva Sirsa				Parsva Sirsa	10 "
	10 "	Ekapada Sirsa				Ekapada Sirsa	10 "
						Salamba Sarvanga I	3 '
	10 "	Salamba Sarvanga II				Salamba Sarvanga II	10 "
	10 "	Niralamba Sarvanga I				Niralamba Sarvanga I	10 "
	10 "	Niralamba Sarvanga II				Niralamba Sarvanga II	10 "
						Hala	3 ' 10 "
						Karnapida	1 ' 50 "
	1 '	Supta Kona				Supta Kona	1 '
	40 "	Parsva Hala				Parsva Hala	40 "
	6 ' 10 "	Sukha				Sukha	6 ' 10 "

**Lessons scheme of the TEACHER TRAINING COURSE**

13 feb 04

Lesson 1	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Parsvaikapada Sarvanga	Surya Bhedana	20/80/40/80	H.Y.P. II 48-50	Ekapada Sarvanga	2 '
	10 "	Chakra	Mudra		Repetition	Parsvaikapada Sarvanga	40 "
	40 "	Utkata	Sambhavi		Dharana	Urdhva Prasarita Pada	2 ' 30 "
	40 "	Ustra	Dharana			Jatara Parivartan	1 ' 50 "
			Nada			Chakra	10 "
Lesson 2	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Vira	Surya Bhedana	20/80/40/80	Sambhavi Mudra	Vira	40 "
	1 '	Salabha			Repetition	Salabha	1 '
	1 '	Dhanura	Mudra			Dhanura	1 '
	40 "	Chaturanga Danda	Sambhavi			Chaturanga Danda	40 "
			Dharana	Time		Sukha	6 ' 20 "
Lesson 3	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 '	Bhujang I	Ujjayi	20/80/40/80	H.Y.P. II 51-53	Bhujang I	1 '
	40 "	Urdhva Mukha Svana			Repetition	Urdhva Mukha Svana	40 "
	40 "	Adho Mukha Svana	Mudra			Adho Mukha Svana	40 "
	1 '	Janusirsa	Sambhavi			Janusirsa	1 '
	10 "	Triangmukhaikapada Paschimottan	Dharana	Time		Triangmukhaikapada Paschimottan	10 "
Lesson 4	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 "	Namaskar	Ujjayi	20/80/40/80	Yin Yang model	Namaskar	
	10 "	Ardha Baddha Padma Paschimottan			Repetition	Ardha Baddha Padma Paschimottan	10 "
	10 "	Marichy I	Mudra			Marichy I	10 "
	10 "	Marichy II	Sambhavi			Marichy II	10 "
	10 "	Ubhaya Padangustha				Ubhaya Padangustha	10 "

	10 "	Urdhva Mukha Paschimottan I	Dharana	Time		Urdhva Mukha Paschimottan I	10 "
	1 '	Paschimottan	Nada	10 '		Paschimottan	1 '
Lesson 5	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Purvottan	Sitkari	20/80/40/80	H.Y.P. II 54-56	Purvottan	40 "
	10 "	Bharadwaja I			Repetition	Bharadwaja I	10 "
	10 "	Bharadwaja II	Mudra			Bharadwaja II	10 "
	10 "	Mala I	Sambhavi			Mala I	10 "
	10 "	Baddha Kona				Baddha Kona	10 "
	40 "	Siddha	Dharana	Time		Siddha	40 "
			Nada	10 '		Sava	3 ' 10 "
Lesson 6	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 '	Salamba Sirsa I	Sitkari	20/80/40/80	Chakra's	Namaskar	3 ' 10 "
	20 "	Parsva Sirsa	Mudra		Repetition	Salamba Sirsa I	1 '
	20 "	Ekapada Sirsa	Sambhavi			Parsva Sirsa	20 "
						Ekapada Sirsa	20 "
	20 "	Salamba Sarvanga II	Dharana	Time		Salamba Sarvanga I	3 ' 10 "
	20 "	Niralamba Sarvanga I	Nada	10 '		Salamba Sarvanga II	20 "
	20 "	Niralamba Sarvanga II				Niralamba Sarvanga I	20 "
						Niralamba Sarvanga II	20 "
Lesson 7	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	20/80/40/80	H.Y.P. II 57-58	Hala	3 ' 20 "
			Mudra		Repetition	Karnapida	2 '
	50 "	Parsva Hala	Sambhavi			Supta Kona	1 ' 10 "
						Parsva Hala	50 "
	50 "	Parsvaikapada Sarvanga	Dharana	Time		Ekapada Sarvanga	2 ' 10 "
			Nada	10 '		Parsvaikapada Sarvanga	50 "
						Urdhva Prasarita Pada	2 ' 40 "
	20 "	Chakra				Jatara Parivartan	2 '
						Chakra	20 "
						Paripurna Nava	2 ' 40 "
	50 "	Utkata				Ardha Nava	2 ' 40 "
	50 "	Ustra				Utkata	50 "
	50 "	Vira				Ustra	50 "
						Vira	50 "

						Salabha	1 ' 10 "
						Dhanura	1 ' 10 "
	50 "	Chaturanga Danda				Chaturanga Danda	50 "
						Bhujang I	1 ' 10 "
Lesson 8	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	50 "	Urdhva Mukha Svana	Sitali	20/80/40/80	S.S. P 72-77	Urdhva Mukha Svana	50 "
	50 "	Adho Mukha Svana				Adho Mukha Svana	50 "
			Mudra			Janusirsa	1 ' 10 "
	20 "	Triangmukhaikapada Paschimottan	Sambhavi			Triangmukhaikapada Paschimottan	20 "
	20 "	Ardha Baddha Padma Paschimottan				Ardha Baddha Padma Paschimottan	20 "
	20 "	Marichy I	Dharana	Time		Marichy I	20 "
	20 "	Marichy II	Nada	10 '		Marichy II	20 "
Lesson 9	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	20 "	Ubhaya Padangustha	Bhastrika	20/80/40/80	H.Y.P. II 59-67	Ubhaya Padangustha	20 "
	20 "	Urdhva Mukha Paschimottan I				Urdhva Mukha Paschimottan I	20 "
			Mudra			Paschimottan	1 ' 10 "
	50 "	Purvottan	Sambhavi			Purvottan	50 "
	20 "	Bharadwaja I				Bharadwaja I	20 "
	20 "	Bharadwaja II	Dharana	Time		Bharadwaja II	20 "
	20 "	Mala I	Nada	10 '		Mala I	20 "
	20 "	Baddha Kona				Baddha Kona	20 "
	50 "	Siddha				Siddha	50 "
						Sava	3 ' 20 "
Lesson 10	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	20/80/40/80	S.S. P 77-82	Namaskar	3 ' 20 "
			Mudra			Salamba Sirsa I	1 ' 10 "
	30 "	Parsva Sirsa	Sambhavi			Parsva Sirsa	30 "
	30 "	Ekapada Sirsa				Ekapada Sirsa	30 "
						Salamba Sarvanga I	3 ' 20 "
	30 "	Salamba Sarvanga II	Dharana	Time		Salamba Sarvanga II	30 "
	30 "	Niralamba Sarvanga I	Nada	10 '		Niralamba Sarvanga I	30 "
	30 "	Niralamba Sarvanga II				Niralamba Sarvanga II	30 "
						Hala	3 ' 30 "
						Karnapida	2 ' 10 "

	1 '	Parsva Hala				Supta Kona	1 ' 20 "
	1 '	Parsvaikapada Sarvanga				Parsva Hala	1 '
	30 "	Chakra				Ekapada Sarvanga	2 ' 20 "
						Parsvaikapada Sarvanga	1 '
						Urdhva Prasarita Pada	2 ' 50 "
						Jatara Parivartan	2 ' 10 "
						Chakra	30 "
Lesson 11	Time	Asana	Pranayama Bhramari	Rhythm 20/80/40/80	Theory H.Y.P. II 68 S.S. P 83-89	Asana's at home Salabha	Time 1 ' 20 "
	1 '	Chaturanga Danda	Mudra Sambhavi			Dhanura	1 ' 20 "
	1 '	Urdhva Mukha Svana				Chaturanga Danda	1 '
	1 '	Adho Mukha Svana	Dharana Nada	Time 14 '		Bhujang I	1 ' 20 "
	30 "	Triangmukhaikapada Paschimottan				Urdhva Mukha Svana	1 '
	30 "	Ardha Baddha Padma Paschimottan				Adho Mukha Svana	1 '
	30 "	Marichy I				Janusirsa	1 ' 20 "
	30 "	Marichy II				Triangmukhaikapada Paschimottan	30 "
	1 '	Purvottan				Ardha Baddha Padma Paschimottan	30 "
	30 "	Ubhaya Padangustha				Marichy I	30 "
	30 "	Urdhva Mukha Paschimottan I				Marichy II	30 "
						Paschimottan	1 ' 20 "
						Purvottan	1 '
						Ubhaya Padangustha	30 "
						Urdhva Mukha Paschimottan I	30 "
Lesson 12	Time	Asana Lola Gomukha Simha I Padma	Pranayama Bhramari	Rhythm 20/80/40/80	Theory S.S. P 89-94	Asana's at home Lola Gomukha Simha I Padma	Time
			Dharana Nada	Time 14 '			
Lesson 13	Time	Asana Parvata Tola	Pranayama Murcha	Rhythm 20/80/40/80	Theory H.Y.P. II 69 S.S. P 94-97	Asana's at home Parvata Tola	Time

	1 '	Vira Supta Vira Paryanka	Mudra Sambhavi			Vira Supta Vira Paryanka	1 '
	1 '	Ustra	Dharana	Time		Ustra	1 '
	1 '	Utkata	Nada	14 '		Utkata	1 '
	30 "	Bharadwaja I				Uttan	1 ' 20 "
	30 "	Bharadwaja II				Bharadwaja I	30 "
						Bharadwaja II	30 "
Lesson 14	Time	Asana Marichy III Ardha Matsyendra I	Pranayama Murcha	Rhythm 20/80/40/80	Theory S.S. P 97-103	Asana's at home Marichy III Ardha Matsyendra I	Time
	30 "	Mala I	Mudra			Mala I	30 "
	30 "	Baddha Kona	Sambhavi			Baddha Kona	30 "
	1 '	Siddha				Siddha	1 '
			Dharana	Time		Sava	3 ' 30 "
			Nada	14 '		Namaskar	3 ' 30 "
	40 "	Parsva Sirsa				Salamba Sirsa I	1 ' 20 "
	40 "	Ekapada Sirsa				Parsva Sirsa	40 "
						Ekapada Sirsa	40 "
	40 "	Salamba Sarvanga II				Salamba Sarvanga I	3 ' 30 "
	40 "	Niralamba Sarvanga I				Salamba Sarvanga II	40 "
	40 "	Niralamba Sarvanga II				Niralamba Sarvanga I	40 "
						Niralamba Sarvanga II	40 "
						Hala	3 ' 40 "
						Karnapida	2 ' 20 "
						Supta Kona	1 ' 30 "
						Parsva Hala	1 ' 10 "
						Ekapada Sarvanga	2 ' 30 "
						Parsvaikapada Sarvanga	1 ' 10 "
Lesson 15	Time	Asana	Pranayama Plavini	Rhythm 20/80/40/80	Theory H.Y.P. II 70-78 S.S. P 103-106	Asana's at home Urdhva Prasarita Pada Jatara Parivartan	Time
	40 "	Chakra	Mudra Sambhavi			Chakra	40 "
						Salabha	1 ' 30 "
						Dhanura	1 ' 30 "

			Dharana Nada	Time 14 '		Chaturanga Danda Bhujang I Urdhva Mukha Svana Adho Mukha Svana Janusirsa	1 ' 10 " 1 ' 30 " 1 ' 10 " 1 ' 10 " 1 ' 30 "
	40 "	Triangmukhaikapada Paschimottan				Triangmukhaikapada Paschimottan	40 "
	40 "	Ardha Baddha Padma Paschimottan				Ardha Baddha Padma Paschimottan	40 "
	1 '	Siddha				Siddha	1 '
Lesson 16	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Marichy I	Plavini	20/80/40/80	S.S. P 106-109	Marichy I	40 "
	40 "	Marichy II				Marichy II	40 "
			Mudra			Paschimottan	1 ' 30 "
	40 "	Ubhaya Padangustha	Sambhavi			Ubhaya Padangustha	40 "
	40 "	Urdhva Mukha Paschimottan I				Urdhva Mukha Paschimottan I	40 "
	10 "	Lola	Dharana	Time		Lola	10 "
	10 "	Gomukha	Nada	14 '		Gomukha	10 "
	10 "	Simha I				Simha I	10 "
Lesson 17	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 "	Padma	Nadi Sodhana	24/92/48/92	S.S. P 110-118	Padma	10 "
	10 "	Parvata				Parvata	10 "
	10 "	Tola	Mudra			Tola	10 "
			Sambhavi			Vira	1 ' 10 "
	10 "	Supta Vira				Supta Vira	10 "
	10 "	Paryanka	Dharana	Time		Paryanka	10 "
			Nada	14 '		Ustra	1 ' 10 "
						Utkata	1 ' 10 "
						Uttan	1 ' 30 "
	40 "	Bharadwaja I				Bharadwaja I	40 "
	40 "	Bharadwaja II				Bharadwaja II	40 "
	10 "	Marichy III				Marichy III	10 "
	10 "	Ardha Matsyendra I				Ardha Matsyendra I	10 "
Lesson 18	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Mala I	Nadi Sodhana	24/92/48/92	S.S. P 118-125	Mala I	40 "
	40 "	Baddha Kona				Baddha Kona	40 "





	20 "	Padma				Padma	20 "
	20 "	Parvata				Parvata	20 "
	20 "	Tola				Tola	20 "
Lesson 20	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya Bhedana	24/92/48/92	S.S. P 128-136	Vira	1 ' 20 "
	20 "	Supta Vira				Supta Vira	20 "
	20 "	Paryanka	Mudra			Paryanka	20 "
			Sambhavi			Ustra	1 ' 20 "
						Utkata	1 ' 20 "
			Dharana	Time		Uttan	1 ' 40 "
	50 "	Bharadwaja I	Nada	14 '		Bharadwaja I	50 "
	50 "	Bharadwaja II				Bharadwaja II	50 "
	20 "	Marichy III				Marichy III	20 "
	20 "	Ardha Matsyendra I				Ardha Matsyendra I	20 "
	50 "	Mala I				Mala I	50 "
	50 "	Baddha Kona				Baddha Kona	50 "
						Sava	3 ' 50 "
						Namaskar	3 ' 50 "
						Salamba Sirsa I	1 ' 40 "
	1 '	Parsva Sirsa				Parsva Sirsa	1 '
	1 '	Ekapada Sirsa				Ekapada Sirsa	1 '
Lesson 21	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	24/92/48/92	S.S. P 136-144	Salamba Sarvanga I	3 ' 50 "
	1 '	Salamba Sarvanga II				Salamba Sarvanga II	1 '
	1 '	Niralamba Sarvanga I	Mudra			Niralamba Sarvanga I	1 '
	1 '	Niralamba Sarvanga II	Sambhavi			Niralamba Sarvanga II	1 '
						Hala	4 '
			Dharana	Time		Karnapida	2 ' 40 "
			Nada	14 '		Supta Kona	1 ' 50 "
						Parsva Hala	1 ' 30 "
						Ekapada Sarvanga	2 ' 50 "
						Parsvaikapada Sarvanga	1 ' 30 "
						Urdhva Prasarita Pada	3 ' 20 "
						Jatara Parivartan	2 ' 40 "
	1 '	Chakra				Chakra	1 '

Salabha	1 ' 50 "
Dhanura	1 ' 50 "
Chaturanga Danda	1 ' 30 "
Bhujang I	1 ' 50 "
Urdhva Mukha Svana	1 ' 30 "
Adho Mukha Svana	1 ' 30 "
Janusirsa	1 ' 50 "
Triangmukhaikapada Paschimottan	1 '
Ardha Baddha Padma Paschimottan	1 '
Marichy I	1 '
Marichy II	1 '
Paschimottan	1 ' 50 "
Ubhaya Padangustha	1 '
Urdhva Mukha Paschimottan I	1 '
Lola	30 "

Lesson 22	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	30 "	Gomukha	Ujjayi	24/92/48/92	S.S. P 144-154	Gomukha	30 "
	30 "	Simha I				Simha I	30 "
	30 "	Padma	Mudra			Padma	30 "
	30 "	Parvata	Sambhavi			Parvata	30 "
	30 "	Tola				Tola	30 "
	30 "	Supta Vira	Dharana	Time		Vira	1 ' 30 "
	30 "	Paryanka	Nada	14 '		Supta Vira	30 "
						Paryanka	30 "

Lesson 23	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	24/92/48/92	S.S. P 155-160	Ustra	1 ' 30 "
			Mudra			Utkata	1 ' 30 "
	1 '	Bharadwaja I	Sambhavi			Uttan	1 ' 50 "
	1 '	Bharadwaja II				Bharadwaja I	1 '
	30 "	Marichy III	Dharana	Time		Bharadwaja II	1 '
	30 "	Ardha Matsyendra I	Nada	14 '		Marichy III	30 "
	1 '	Mala I				Ardha Matsyendra I	30 "
	1 '	Baddha Kona				Mala I	1 '
						Baddha Kona	1 '
						Sava	4 '

						Namaskar	4'
						Salamba Sirsa I	1' 50"
						Parsva Sirsa	1' 10"
						Ekapada Sirsa	1' 10"
		Urdhva Padma in Sirsa				Urdhva Padma in Sirsa	
		Pinda in Sirsa				Pinda in Sirsa	
Lesson 24	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	24/92/48/92	S.S. P 160-169	Salamba Sarvanga I	4'
			Mudra			Salamba Sarvanga II	1' 10"
			Sambhavi			Niralamba Sarvanga I	1' 10"
						Niralamba Sarvanga II	1' 10"
						Hala	4' 10"
			Dharana	Time		Karnapida	2' 50"
			Nada	14'		Supta Kona	2'
						Parsva Hala	1' 40"
						Ekapada Sarvanga	3'
						Parsvaikapada Sarvanga	1' 40"
		Urdhva Padma in Sarvanga				Urdhva Padma in Sarvanga	
		Pinda in Sarvanga				Pinda in Sarvanga	
						Jatara Parivartan	2' 50"
						Paripurna Nava	2' 50"
						Ardha Nava	2' 50"
						Janusirsa	2'
						Triangmukhaikapada Paschimottan	1' 10"
						Ardha Baddha Padma Paschimottan	1' 10"
						Marichy I	1' 10"
						Paschimottan	2'
						Urdhva Mukha Paschimottan I	1' 10"
						Gomukha	40"
	40"	Gomukha				Lola	40"
	40"	Lola				Simha I	40"
	40"	Simha I				Padma	40"
	40"	Padma				Parvata	40"
	40"	Parvata					
Lesson 25	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40"	Tola	Sitali	24/92/48/92	S.S. P 169-177	Tola	40"

	Matsya		
40 "	Supta Vira	Mudra	
40 "	Paryanka	Sambhavi	
40 "	Marichy III	Dharana	Time
40 "	Ardha Matsyendra I	Nada	14 '

Matsya	
Vira	1 ' 40 "
Supta Vira	40 "
Paryanka	40 "
Marichy III	40 "
Ardha Matsyendra I	40 "
Baddha Kona	1 ' 10 "
Adho Mukha Svana	1 ' 40 "
Urdhva Mukha Svana	1 ' 40 "
Chaturanga Danda	1 ' 40 "
Salabha	2 '
Dhanura	2 '
Ustra	1 ' 40 "
Utkata	1 ' 40 "
Uttan	2 '
Garuda	
Sava	4 ' 10 "

Lesson 26	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	24/92/48/92	S.S. P 177-183	Namaskar	4 ' 10 "
			Mudra			Salamba Sirsa I	2 '
			Sambhavi			Parsva Sirsa	1 ' 20 "
	10 "	Urdhva Padma in Sirsa				Ekapada Sirsa	1 ' 20 "
	10 "	Pinda in Sirsa	Dharana	Time		Urdhva Padma in Sirsa	10 "
			Nada	14 '		Pinda in Sirsa	10 "
						Salamba Sarvanga I	4 ' 10 "
						Salamba Sarvanga II	1 ' 20 "
						Niralamba Sarvanga I	1 ' 20 "
						Niralamba Sarvanga II	1 ' 20 "
						Hala	4 ' 20 "
						Karnapida	3 '
						Supta Kona	2 ' 10 "
						Parsva Hala	1 ' 50 "
						Ekapada Sarvanga	3 ' 10 "
						Parsvaikapada Sarvanga	1 ' 50 "
	10 "	Urdhva Padma in Sarvanga				Urdhva Padma in Sarvanga	10 "
	10 "	Pinda in Sarvanga				Pinda in Sarvanga	10 "

Jatara Parivartan	3'
Paripurna Nava	3'
Ardha Nava	3'
Janusirsa	2' 10"
Triangmukhaikapada Paschimottan	1' 20"
Ardha Baddha Padma Paschimottan	1' 20"
Marichy I	1' 20"
Paschimottan	2' 10"
Urdhva Mukha Paschimottan I	1' 20"
Gomukha	50"
Lola	50"
Simha I	50"

Lesson 27	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	50"	Padma	Bhastrika	24/92/48/92	S.S. P 184-193	Padma	50"
	50"	Parvata				Parvata	50"
	50"	Tola	Mudra			Tola	50"
	10"	Matsya	Sambhavi			Matsya	10"
	50"	Supta Vira	Dharana	Time		Vira	1' 50"
	50"	Paryanka	Nada	14'		Supta Vira	50"
	50"	Marichy III				Paryanka	50"
	50"	Ardha Matsyendra I				Marichy III	50"
						Ardha Matsyendra I	50"
						Baddha Kona	1' 20"
						Adho Mukha Svana	1' 50"
						Urdhva Mukha Svana	1' 50"
						Chaturanga Danda	1' 50"
						Salabha	2' 10"
						Dhanura	2' 10"
						Ustra	1' 50"
						Utkata	1' 50"
						Uttan	2' 10"
	10"	Garuda				Garuda	10"
						Sava	4' 20"

Lesson 28	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	24/92/48/92	S.S. P 193-198	Namaskar	4' 20"

			Mudra			Salamba Sirsa I	2 ' 10 "
			Sambhavi			Parsva Sirsa	1 ' 30 "
20 "	Urdhva Padma in Sirsa					Ekapada Sirsa	1 ' 30 "
20 "	Pinda in Sirsa					Urdhva Padma in Sirsa	20 "
			Dharana	Time		Pinda in Sirsa	20 "
			Nada	14 '		Salamba Sarvanga I	4 ' 20 "
						Salamba Sarvanga II	1 ' 30 "
						Niralamba Sarvanga I	1 ' 30 "
						Niralamba Sarvanga II	1 ' 30 "
						Hala	4 ' 30 "
						Karnapida	3 ' 10 "
						Supta Kona	2 ' 20 "
						Parsva Hala	2 '
						Ekapada Sarvanga	3 ' 20 "
						Parsvaikapada Sarvanga	2 '
20 "	Urdhva Padma in Sarvanga					Urdhva Padma in Sarvanga	20 "
20 "	Pinda in Sarvanga					Pinda in Sarvanga	20 "
						Jatara Parivartan	3 ' 10 "
						Paripurna Nava	3 ' 10 "
						Ardha Nava	3 ' 10 "
						Janusirsa	2 ' 20 "
						Triangmukhaikapada Paschimottan	1 ' 30 "
						Ardha Baddha Padma Paschimottan	1 ' 30 "
						Marichy I	1 ' 30 "
						Paschimottan	2 ' 20 "
						Urdhva Mukha Paschimottan I	1 ' 30 "
1 '	Gomukha					Gomukha	1 '
1 '	Lola					Lola	1 '
1 '	Simha I					Simha I	1 '
Lesson 29	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 '	Padma	Bhramari	24/92/48/92	S.S. P 198-204	Padma	1 '
	1 '	Parvata				Parvata	1 '
	1 '	Tola	Mudra			Tola	1 '
	20 "	Matsya	Sambhavi			Matsya	20 "
	1 '	Supta Vira	Dharana	Time		Vira	2 '
						Supta Vira	1 '

1'	Paryanka	Nada	18'	Paryanka	1'
1'	Marichy III			Marichy III	1'
1'	Ardha Matsyendra I			Ardha Matsyendra I	1'
				Baddha Kona	1' 30"
				Adho Mukha Svana	2'
				Urdhva Mukha Svana	2'
				Chaturanga Danda	2'
				Salabha	2' 20"
				Dhanura	2' 20"
				Ustra	2'
				Utkata	2'
				Uttan	2' 20"
20"	Garuda			Garuda	20"
				Sava	4' 30"

Lesson 30	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	24/92/48/92	S.S. P 205-208	Namaskar	4' 30"
			Mudra			Salamba Sirsa I	2' 20"
			Sambhavi			Parsva Sirsa	1' 40"
	30"	Urdhva Padma in Sirsa				Ekapada Sirsa	1' 40"
	30"	Pinda in Sirsa	Dharana	Time		Urdhva Padma in Sirsa	30"
			Nada	18'		Pinda in Sirsa	30"
						Salamba Sarvanga I	4' 30"
						Salamba Sarvanga II	1' 40"
						Niralamba Sarvanga I	1' 40"
						Niralamba Sarvanga II	1' 40"
						Hala	4' 40"
						Karnapida	3' 20"
						Supta Kona	2' 30"
						Parsva Hala	2' 10"
						Ekapada Sarvanga	3' 20"
						Parsvaikapada Sarvanga	2' 10"
	30"	Urdhva Padma in Sarvanga				Urdhva Padma in Sarvanga	30"
	30"	Pinda in Sarvanga				Pinda in Sarvanga	30"
						Jatara Parivartan	3' 20"
						Paripurna Nava	3' 20"
						Ardha Nava	3' 20"

						Janusirsa	2 ' 30 "
						Triangmukhaikapada Paschimottan	1 ' 40 "
						Ardha Baddha Padma Paschimottan	1 ' 40 "
						Marichy I	1 ' 40 "
						Paschimottan	2 ' 30 "
						Urdhva Mukha Paschimottan I	1 ' 40 "
						Gomukha	1 ' 10 "
						Lola	1 ' 10 "
						Simha I	1 ' 10 "
						Padma	1 ' 10 "
						Parvata	1 ' 10 "
						Tola	1 ' 10 "
30 "	Matsya					Matsya	30 "
						Vira	2 ' 10 "
						Supta Vira	1 ' 10 "
						Paryanka	1 ' 10 "
						Marichy III	1 ' 10 "
						Ardha Matsyendra I	1 ' 10 "
						Baddha Kona	1 ' 40 "
						Adho Mukha Svana	2 ' 10 "
						Urdhva Mukha Svana	2 ' 10 "
						Chaturanga Danda	2 ' 10 "
						Salabha	2 ' 30 "
						Dhanura	2 ' 30 "
						Ustra	2 ' 10 "
						Utkata	2 ' 10 "
						Uttan	2 ' 30 "
30 "	Garuda					Garuda	30 "
						Sava	4 ' 40 "

Lesson 31	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murcha	24/92/48/92	S.S. P 208-212	Namaskar	4 ' 40 "
			Mudra			Salamba Sirsa I	2 ' 30 "
			Sambhavi			Parsva Sirsa	1 ' 50 "
	40 "	Urdhva Padma in Sirsa				Ekapada Sirsa	1 ' 50 "
	40 "	Pinda in Sirsa	Dharana	Time		Urdhva Padma in Sirsa	40 "
						Pinda in Sirsa	40 "



Nada 18 '  
40 " Urdhva Padma in Sarvanga  
40 " Pinda in Sarvanga

40 " Matsya

Salamba Sarvanga I 4 ' 40 "  
Salamba Sarvanga II 1 ' 50 "  
Niralamba Sarvanga I 1 ' 50 "  
Niralamba Sarvanga II 1 ' 50 "  
Hala 4 ' 50 "  
Karnapida 3 ' 30 "  
Supta Kona 2 ' 40 "  
Parsva Hala 2 ' 20 "  
Ekapada Sarvanga 3 ' 30 "  
Parsvaikapada Sarvanga 2 ' 20 "  
Urdhva Padma in Sarvanga 40 "  
Pinda in Sarvanga 40 "  
Jatara Parivartan 3 ' 30 "  
Paripurna Nava 3 ' 30 "  
Ardha Nava 3 ' 30 "  
Janusirsa 2 ' 40 "  
Triangmukhaikapada Paschimottan 1 ' 50 "  
Ardha Baddha Padma Paschimottan 1 ' 50 "  
Marichy I 1 ' 50 "  
Paschimottan 2 ' 40 "  
Urdhva Mukha Paschimottan I 1 ' 50 "  
Gomukha 1 ' 20 "  
Lola 1 ' 20 "  
Simha I 1 ' 20 "  
Padma 1 ' 20 "  
Parvata 1 ' 20 "  
Tola 1 ' 20 "  
Matsya 40 "  
Vira 2 ' 20 "  
Supta Vira 1 ' 20 "  
Paryanka 1 ' 20 "  
Marichy III 1 ' 20 "  
Ardha Matsyendra I 1 ' 20 "  
Baddha Kona 1 ' 50 "  
Adho Mukha Svana 2 ' 20 "  
Urdhva Mukha Svana 2 ' 20 "  
Chaturanga Danda 2 ' 20 "

						Salabha	2 ' 40 "
						Dhanura	2 ' 40 "
						Ustra	2 ' 20 "
						Utkata	2 ' 20 "
						Uttan	2 ' 40 "
	40 "	Garuda				Garuda	40 "
						Sava	4 ' 50 "
						Salamba Sirsa I	2 ' 40 "
		Urdhva Danda				Urdhva Danda	
Lesson 32	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
		Parivrittaika Pada Sirsa	Murcha	24/92/48/92	S.S. P 212-217	Parsva Sirsa	2 '
						Parivrittaika Pada Sirsa	
			Mudra			Ekapada Sirsa	2 '
	50 "	Parsvaikapada Sirsa	Sambhavi			Parsvaikapada Sirsa	
		Urdhva Padma in Sirsa				Urdhva Padma in Sirsa	50 "
	50 "	Parsva Urdhva Padma	Dharana	Time		Parsva Urdhva Padma	
		Pinda in Sirsa	Nada	18 '		Pinda in Sirsa	50 "
						Salamba Sarvanga I	4 ' 50 "
						Salamba Sarvanga II	2 '
						Niralamba Sarvanga I	2 '
						Niralamba Sarvanga II	2 '
						Hala	5 '
						Karnapida	3 ' 40 "
						Supta Kona	2 ' 50 "
						Parsva Hala	2 ' 30 "
						Ekapada Sarvanga	3 ' 40 "
						Parsvaikapada Sarvanga	2 ' 30 "
Lesson 33	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	50 "	Urdhva Padma in Sarvanga	Plavini	24/92/48/92	S.S. P 217-220	Urdhva Padma in Sarvanga	50 "
	50 "	Pinda in Sarvanga				Pinda in Sarvanga	50 "
		Parsva Pinda in Sarvanga	Mudra			Parsva Pinda in Sarvanga	
		Setubandha Sarvanga	Sambhavi			Setubandha Sarvanga	
		Ekapada Setubandha Sarvanga				Ekapada Setubandha Sarvanga	
			Dharana	Time		Jatara Parivartan	3 ' 40 "
		Supta Padangustha	Nada	18 '		Supta Padangustha	

Lesson 34	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	24/92/48/92	S.S. P 220-224	Chakra	1 ' 10 "
			Mudra			Paripurna Nava	2 ' 50 "
			Sambhavi			Ardha Nava	2 ' 50 "
			Dharana	Time		Ustra	2 ' 30 "
			Nada	18 '		Vira	2 ' 30 "
						Supta Vira	1 ' 30 "
						Paryanka	1 ' 30 "
						Janusirsa	2 ' 50 "
						Ardha Baddha Padma Paschimottan	2 '
						Triangmukhaikapada Paschimottan	2 '
		Krouncha				Krouncha	
						Marichy I	2 '
						Paschimottan	2 ' 50 "
						Padma	1 ' 30 "
						Parvata	1 ' 30 "
						Tola	1 ' 30 "
						Simha I	1 ' 30 "
	50 "	Matsya				Matsya	50 "
		Kukkuta				Kukkuta	
		Garbha Pinda				Garbha Pinda	
		Baddha Padma				Baddha Padma	
		Upavistha Kona				Upavistha Kona	
Lesson 35	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
		Akarna Dhanura	Nadi Sodhana	28/112/56/112	S.S. P 224-235	Akarna Dhanura	
			Mudra			Baddha Kona	2 '
			Sambhavi			Marichy III	1 ' 30 "
			Dharana	Time		Ardha Matsyendra I	1 ' 30 "
		Parsva Dhanura	Nada	18 '		Salabha	2 ' 50 "
						Dhanura	2 ' 50 "
						Parsva Dhanura	
						Uttan	2 ' 50 "
						Sava	5 '
						Salamba Sirsa I	2 ' 50 "
	10 "	Urdhva Danda				Urdhva Danda	10 "

10 "	Parivrittaika Pada Sirsa	Parsva Sirsa	2 ' 10 "
		Parivrittaika Pada Sirsa	10 "
		Ekapada Sirsa	2 ' 10 "
10 "	Parsvaikapada Sirsa	Parsvaikapada Sirsa	10 "
1 '	Urdhva Padma in Sirsa	Urdhva Padma in Sirsa	1 '
10 "	Parsva Urdhva Padma	Parsva Urdhva Padma	10 "
1 '	Pinda in Sirsa	Pinda in Sirsa	1 '
		Salamba Sarvanga I	5 '
		Salamba Sarvanga II	2 ' 10 "
		Niralamba Sarvanga I	2 ' 10 "
		Niralamba Sarvanga II	2 ' 10 "

Lesson 36	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya Bhedana	28/112/56/112	Y.S. I 1-3	Hala	5 ' 10 "
			Mudra			Karnapida	3 ' 50 "
			Sambhavi			Supta Kona	3 '
			Dharana	Time		Parsva Hala	2 ' 40 "
			Nada	18 '		Ekapada Sarvanga	3 ' 50 "
	1 '	Urdhva Padma in Sarvanga				Parsvaikapada Sarvanga	2 ' 40 "
	1 '	Pinda in Sarvanga				Urdhva Padma in Sarvanga	1 '
	10 "	Parsva Pinda in Sarvanga				Pinda in Sarvanga	1 '
	10 "	Setubandha Sarvanga				Parsva Pinda in Sarvanga	10 "
	10 "	Ekapada Setubandha Sarvanga				Setubandha Sarvanga	10 "
						Ekapada Setubandha Sarvanga	10 "
	10 "	Supta Padangustha				Jatara Parivartan	3 ' 50 "
						Supta Padangustha	10 "
						Chakra	1 ' 20 "
						Paripurna Nava	3 '
						Ardha Nava	3 '
						Ustra	2 ' 40 "
						Vira	2 ' 40 "
						Supta Vira	1 ' 40 "
						Paryanka	1 ' 40 "
						Janusirsa	3 '
						Ardha Baddha Padma Paschimottan	2 ' 10 "
						Triangmukhaikapada Paschimottan	2 ' 10 "
	10 "	Krouncha				Krouncha	10 "

						Marichy I	2 ' 10 "
						Paschimottan	3 '
						Padma	1 ' 40 "
						Parvata	1 ' 40 "
						Tola	1 ' 40 "
						Simha I	1 ' 40 "
	1 '	Matsya				Matsya	1 '
Lesson 37	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 "	Kukkuta	Surya Bhedana	28/112/56/112	Y.S. I 4-11	Kukkuta	10 "
	10 "	Garbha Pinda				Garbha Pinda	10 "
	10 "	Baddha Padma	Mudra			Baddha Padma	10 "
	10 "	Upavista Kona	Sambhavi			Upavista Kona	10 "
	10 "	Akarna Dhanura				Akarna Dhanura	10 "
			Dharana	Time		Baddha Kona	2 ' 10 "
			Nada	18 '		Marichy III	1 ' 40 "
						Ardha Matsyendra I	1 ' 40 "
						Salabha	3 '
						Dhanura	3 '
	10 "	Parsva Dhanura				Parsva Dhanura	10 "
						Uttan	3 '
						Sava	5 ' 10 "
Lesson 38	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	20 "	Urdhva Danda	Ujjayi	28/112/56/112	Y.S. I 11-16	Salamba Sirsa I	3 '
			Mudra			Urdhva Danda	20 "
			Sambhavi			Parsva Sirsa	2 ' 20 "
						Parivrittaika Pada Sirsa	20 "
			Dharana	Time		Ekapada Sirsa	2 ' 20 "
			Nada	18 '		Parsvaikapada Sirsa	20 "
	20 "	Parsva Urdhva Padma				Urdhva Padma in Sirsa	1 ' 10 "
						Parsva Urdhva Padma	20 "
						Salamba Sarvanga I	5 ' 10 "
						Salamba Sarvanga II	2 ' 20 "
						Niralamba Sarvanga I	2 ' 20 "
						Niralamba Sarvanga II	2 ' 20 "
						Hala	5 ' 20 "

20 "	Parsva Pinda in Sarvanga
20 "	Setubandha Sarvanga
20 "	Ekapada Setubandha Sarvanga
20 "	Supta Padangustha

20 " Krouncha

20 " Kukkuta  
20 " Garbha Pinda

Karnapida	4 '
Supta Kona	3 ' 10 "
Parsva Hala	2 ' 50 "
Ekapada Sarvanga	4 '
Parsvaikapada Sarvanga	2 ' 50 "
Urdhva Padma in Sarvanga	1 ' 10 "
Pinda in Sarvanga	1 ' 10 "
Parsva Pinda in Sarvanga	20 "
Setubandha Sarvanga	20 "
Ekapada Setubandha Sarvanga	20 "
Jatara Parivartan	4 '
Supta Padangustha	20 "
Chakra	1 ' 30 "
Paripurna Nava	3 ' 10 "
Ardha Nava	3 ' 10 "
Ustra	2 ' 50 "
Vira	2 ' 50 "
Supta Vira	1 ' 50 "
Paryanka	1 ' 50 "
Janusirsa	3 ' 10 "
Ardha Baddha Padma Paschimottan	2 ' 20 "
Triangmukhaikapada Paschimottan	2 ' 20 "
Krouncha	20 "
Marichy I	2 ' 20 "
Paschimottan	3 ' 10 "
Padma	1 ' 50 "
Parvata	1 ' 50 "
Tola	1 ' 50 "
Simha I	1 ' 50 "
Matsya	1 ' 10 "
Kukkuta	20 "
Garbha Pinda	20 "

Lesson 39	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	20 "	Baddha Padma	Ujjayi	28/112/56/112	Y.S. I 17-18	Baddha Padma	20 "
	20 "	Upavista Kona				Upavista Kona	20 "
	20 "	Akarna Dhanura	Mudra			Akarna Dhanura	20 "

			Sambhavi			Baddha Kona	2 ' 20 "
			Dharana	Time		Marichy III	1 ' 50 "
			Nada	18 '		Ardha Matsyendra I	1 ' 50 "
20 "	Parsva Dhanura					Salabha	3 ' 10 "
						Dhanura	3 ' 10 "
						Parsva Dhanura	20 "
						Uttan	3 ' 10 "
						Sava	5 ' 20 "
30 "	Urdhva Danda					Salamba Sirsa I	3 ' 10 "
						Urdhva Danda	30 "
30 "	Parivrittaika Pada Sirsa					Parsva Sirsa	2 ' 30 "
						Parivrittaika Pada Sirsa	30 "
30 "	Parsvaikapada Sirsa					Ekapada Sirsa	2 ' 30 "
						Parsvaikapada Sirsa	30 "
30 "	Parsva Urdhva Padma					Urdhva Padma in Sirsa	1 ' 20 "
						Parsva Urdhva Padma	30 "
Lesson 40	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	28/112/56/112	Y.S. I 19-23	Salamba Sarvanga I	5 ' 20 "
			Mudra			Salamba Sarvanga II	2 ' 30 "
			Sambhavi			Niralamba Sarvanga I	2 ' 30 "
						Niralamba Sarvanga II	2 ' 30 "
						Hala	5 ' 30 "
			Dharana	Time		Karnapida	4 ' 10 "
			Nada	18 '		Supta Kona	3 ' 20 "
						Parsva Hala	3 '
						Ekapada Sarvanga	4 ' 10 "
						Parsvaikapada Sarvanga	3 '
						Urdhva Padma in Sarvanga	1 ' 20 "
						Pinda in Sarvanga	1 ' 20 "
30 "	Parsva Pinda in Sarvanga					Parsva Pinda in Sarvanga	30 "
30 "	Setubandha Sarvanga					Setubandha Sarvanga	30 "
30 "	Ekapada Setubandha Sarvanga					Ekapada Setubandha Sarvanga	30 "
						Jatara Parivartan	4 ' 10 "
30 "	Supta Padangustha					Supta Padangustha	30 "
						Chakra	1 ' 40 "
						Paripurna Nava	3 ' 20 "

Ardha Nava  
Ustra

3' 20"  
3'



Lesson 41	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	28/112/56/112	Dhyana Y.S. I 24-29	Vira	3'
			Mudra Maha		H.Y.P. III 1-9	Supta Vira	2'
			Dhyana AUM	Time 20'		Paryanka	2'
	30 "	Krouncha				Janusirsa	3' 20 "
						Ardha Baddha Padma Paschimottan	2' 30 "
						Triangmukhaikapada Paschimottan	2' 30 "
						Krouncha	30 "
						Marichy I	2' 30 "
						Paschimottan	3' 20 "
						Padma	2'
						Parvata	2'
						Tola	2'
						Simha I	2'
						Matsya	1' 20 "
	30 "	Kukkuta				Kukkuta	30 "
	30 "	Garbha Pinda				Garbha Pinda	30 "
	30 "	Baddha Padma				Baddha Padma	30 "
	30 "	Upavista Kona				Upavista Kona	30 "
	30 "	Akarna Dhanura				Akarna Dhanura	30 "
						Baddha Kona	2' 30 "
						Marichy III	2'
						Ardha Matsyendra I	2'
						Salabha	3' 20 "
						Dhanura	3' 20 "
	30 "	Parsva Dhanura				Parsva Dhanura	30 "
						Uttan	3' 20 "
						Sava	5' 30 "
Lesson 42	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	28/112/56/112		Salamba Sirsa I	3' 20 "
	40 "	Urdhva Danda				Urdhva Danda	40 "
			Mudra Maha		H.Y.P. III 10-18	Parsva Sirsa	2' 40 "
	40 "	Parivrittaika Pada Sirsa				Parivrittaika Pada Sirsa	40 "
						Ekapada Sirsa	2' 40 "
	40 "	Parsvaikapada Sirsa	Dhyana AUM	Time 20'		Parsvaikapada Sirsa	40 "
						Urdhva Padma in Sirsa	1' 30 "

40 "	Parsva Urdhva Padma					Parsva Urdhva Padma	40 "
						Salamba Sarvanga I	5 ' 30 "
						Salamba Sarvanga II	2 ' 40 "
						Niralamba Sarvanga I	2 ' 40 "
						Niralamba Sarvanga II	2 ' 40 "
						Hala	5 ' 40 "
						Karnapida	4 ' 20 "
						Supta Kona	3 ' 30 "
						Parsva Hala	3 ' 10 "
						Ekapada Sarvanga	4 ' 20 "
						Parsvaikapada Sarvanga	3 ' 10 "
						Urdhva Padma in Sarvanga	1 ' 30 "
						Pinda in Sarvanga	1 ' 30 "
40 "	Parsva Pinda in Sarvanga					Parsva Pinda in Sarvanga	40 "
40 "	Setubandha Sarvanga					Setubandha Sarvanga	40 "
40 "	Ekapada Setubandha Sarvanga					Ekapada Setubandha Sarvanga	40 "

Lesson 43	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Supta Padangustha	Sitali	28/112/56/112		Supta Padangustha	40 "
			Mudra			Chakra	1 ' 50 "
			Maha Bandha		H.Y.P. III 19-25	Paripurna Nava	3 ' 30 "
						Ardha Nava	3 ' 30 "
			Dhyana	Time		Ustra	3 ' 10 "
			AUM	20 '		Vira	3 ' 10 "
						Supta Vira	2 ' 10 "
						Paryanka	2 ' 10 "
						Janusirsa	3 ' 30 "
						Ardha Baddha Padma Paschimottan	2 ' 40 "
						Triangmukhaikapada Paschimottan	2 ' 40 "
40 "		Krouncha				Krouncha	40 "
						Marichy I	2 ' 40 "
						Paschimottan	3 ' 30 "
						Padma	2 ' 10 "
						Parvata	2 ' 10 "
						Tola	2 ' 10 "
						Simha I	2 ' 10 "
						Matsya	1 ' 30 "

40 "	Kukkuta				Kukkuta	40 "
40 "	Garbha Pinda				Garbha Pinda	40 "
40 "	Baddha Padma				Baddha Padma	40 "
40 "	Upavista Kona				Upavista Kona	40 "
40 "	Akarna Dhanura				Akarna Dhanura	40 "
					Baddha Kona	2 ' 40 "
					Marichy III	2 ' 10 "
					Ardha Matsyendra I	2 ' 10 "
					Salabha	3 ' 30 "
					Dhanura	3 ' 30 "
40 "	Parsva Dhanura				Parsva Dhanura	40 "
					Uttan	3 ' 30 "
					Sava	5 ' 40 "

Lesson 44	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	28/112/56/112	Y.S. I 30-34	Salamba Sirsa I	3 ' 30 "
	50 "	Urdhva Danda				Urdhva Danda	50 "
			Mudra			Parsva Sirsa	2 ' 50 "
	50 "	Parivrittaika Pada Sirsa	Maha Bandha			Parivrittaika Pada Sirsa	50 "
						Ekapada Sirsa	2 ' 50 "
	50 "	Parsvaikapada Sirsa	Dhyana	Time		Parsvaikapada Sirsa	50 "
			AUM	20 '		Urdhva Padma in Sirsa	1 ' 40 "
	50 "	Parsva Urdhva Padma				Parsva Urdhva Padma	50 "
						Salamba Sarvanga I	5 ' 40 "
						Salamba Sarvanga II	2 ' 50 "
						Niralamba Sarvanga I	2 ' 50 "
						Niralamba Sarvanga II	2 ' 50 "
						Hala	5 ' 50 "
						Karnapida	4 ' 30 "
						Supta Kona	3 ' 40 "
						Parsva Hala	3 ' 20 "
						Ekapada Sarvanga	4 ' 30 "
						Parsvaikapada Sarvanga	3 ' 20 "
						Urdhva Padma in Sarvanga	1 ' 40 "
						Pinda in Sarvanga	1 ' 40 "
	50 "	Parsva Pinda in Sarvanga				Parsva Pinda in Sarvanga	50 "
	50 "	Setubandha Sarvanga				Setubandha Sarvanga	50 "

	50 "	Ekapada Setubandha Sarvanga				Ekapada Setubandha Sarvanga Jatara Parivartan	50 " 4 ' 30 "
Lesson 45	Time 50 "	Asana Supta Padangustha	Pranayama Bhastrika	Rhythm 28/112/56/112	Theory	Asana's at home Supta Padangustha Utthita Trikona Parivritta trikona Utthita Parsvakona Parivritta Parsvakona Virabhadra I Virabhadra II Virabhadrasana III Ardha Chandra Parsvottan Padangustha Padahasta Uttan Utthita Hasta Padangustha Ardha Baddha Padmottan	Time 50 " 2 ' 50 " 2 ' 30 " 2 ' 50 " 1 ' 30 " 2 ' 50 " 2 ' 50 " 1 ' 40 " 2 ' 50 " 2 ' 50 " 1 ' 1 ' 3 ' 40 "
	1 ' 1 '	Padangustha Padahasta					
		Utthita Hasta Padangustha Ardha Baddha Padmottan					
Lesson 46	Time 50 " 50 " 50 "	Asana Vatayan Parivritta Janusirsa Krouncha Urdhvamukha Paschimottan II Baddha Padma Kukkuta	Pranayama Bhramari Mudra Maha Vedha Dhyana AUM	Rhythm 28/112/56/112 Time 25 '	Theory Y.S. I 35-39	Asana's at home Vatayan Janusirsa Parivritta Janusirsa Ardha Baddha Padma Paschimottan Krouncha Marichy I Paschimottan Urdhvamukha Paschimottan II Baddha Padma Kukkuta	Time 3 ' 40 " 2 ' 50" 50 " 2 ' 50 " 3 ' 40 " 50 " 50 "
Lesson 47	Time 50 "	Asana Garbha Pinda Simha II	Pranayama Bhramari Mudra Khecari	Rhythm 28/112/56/112	Theory H.Y.P. III 32-54	Asana's at home Garbha Pinda Simha II Matsya Baddha Kona	Time 50 " 1 ' 40 " 2 ' 50 "

50 "	Upavista Kona				Upavista Kona	50 "
50 "	Akarna Dhanura	Dhyana	Time		Akarna Dhanura	50 "
		AUM	25 '		Marichy III	2 ' 20 "
	Uttanapada				Ardha Matsyendra I	2 ' 20 "
					Uttanapada	
					Salabha	3 ' 40 "
50 "	Parsva Dhanura				Dhanura	3 ' 40 "
	Urdhva Dhanura I				Parsva Dhanura	50 "
					Urdhva Dhanura I	
					Sava	5 ' 50 "

Lesson 48	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murcha	28/112/56/112	Y.S. I 40-42	Salamba Sirsa I	3 ' 40 "
	1 '	Urdhva Danda	Mudra			Urdhva Danda	1 '
	1 '	Parivrittaika Pada Sirsa	Khecari			Parsva Sirsa	3 '
	1 '	Parsvaikapada Sirsa	Dhyana	Time		Parivrittaika Pada Sirsa	1 '
	1 '	Parsva Urdhva Padma	AUM	25 '		Ekapada Sirsa	3 '
						Parsvaikapada Sirsa	1 '
						Urdhva Padma in Sirsa	1 ' 50 "
						Parsva Urdhva Padma	1 '
						Salamba Sarvanga I	5 ' 50 "
						Salamba Sarvanga II	3 '
						Niralamba Sarvanga I	3 '
						Niralamba Sarvanga II	3 '
						Hala	6 '
						Karnapida	4 ' 40 "
						Supta Kona	3 ' 50 "
						Parsva Hala	3 ' 40 "
						Ekapada Sarvanga	4 ' 30 "
						Parsvaikapada Sarvanga	3 ' 30 "
						Urdhva Padma in Sarvanga	1 ' 50 "
						Pinda in Sarvanga	1 ' 50 "
	1 '	Parsva Pinda in Sarvanga				Parsva Pinda in Sarvanga	1 '

Lesson 49	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 '	Setubandha Sarvanga	Murcha	28/112/56/112		Setubandha Sarvanga	1 '
	1 '	Ekapada Setubandha Sarvanga				Ekapada Setubandha Sarvanga	1 '

	1'	Supta Padangustha	Mudra Uddiyana Bandha		H.Y.P. III 55-60	Jatara Parivartan Supta Padangustha Utthita Trikona Parivritta trikona Utthita Parsvakona Parivritta Parsvakona Virabhadra I Virabhadra II Virabhadrasana III Ardha Chandra Parsvottan Padangustha Padahasta Uttan Utthita Hasta Padangustha	4' 40" 1' 3' 2' 40" 3' 1' 40" 3' 3' 1' 50" 3' 3' 1' 10" 1' 10" 3' 50" 10"
	10"	Utthita Hasta Padangustha				Uttitha Hasta Padangustha	10"
	10"	Ardha Baddha Padmottan				Ardha Baddha Padmottan	10"
	10"	Vatayan				Vatayan	10"
Lesson 50	Time	Asana	Pranayama Plavini	Rhythm 28/112/56/112	Theory Y.S. I 43-44	Asana's at home Janusirsa Parivritta Janusirsa Ardha Baddha Padma Paschimottan	Time 3' 50" 10" 3'
	10"	Parivritta Janusirsa				Krouncha Marichy I Paschimottan	1' 3' 3' 50"
	1'	Krouncha	Mudra Uddiyana Bandha			Urdhvamukha Paschimottan II Baddha Padma Kukkuta	10" 1' 1'
	10"	Urdhvamukha Paschimottan II	Dhyana AUM	Time 25'			
	1'	Baddha Padma					
	1'	Kukkuta					
Lesson 51	Time	Asana	Pranayama Plavini	Rhythm 28/112/56/112	Theory	Asana's at home Garbha Pinda Simha II Matsya Baddha Kona Upavista Kona	Time 1' 10" 1' 50" 3' 1'
	1'	Garbha Pinda				Akarna Dhanura Marichy III	1' 2' 30"
	10"	Simha II	Mudra Mula Bandha		H.Y.P. III 61-69		
	1'	Upavista Kona					
	1'	Akarna Dhanura	Dhyana AUM	Time 25'			

10 "	Uttanapada	Ardha Matsyendra I	2 ' 30 "
		Uttanapada	10 "
		Salabha	3 ' 50 "
		Dhanura	3 ' 50 "
1 '	Parsva Dhanura	Parsva Dhanura	1 '
10 "	Urdhva Dhanura I	Urdhva Dhanura I	10 "
		Sava	6 '

Lesson 52	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Nadi Sodhana	32/128/64/128	Y.S. I 45-51	Salamba Sirsa I	3 ' 50 "
			Mudra			Urdhva Danda	1 ' 10 "
			Mula Bandha			Parsva Sirsa	3 ' 10 "
						Parivrittaika Pada Sirsa	1 ' 10 "
			Dhyana	Time		Ekapada Sirsa	3 ' 10 "
			AUM	25 '		Parsvaikapada Sirsa	1 ' 10 "
						Urdhva Padma in Sirsa	2 '
						Parsva Urdhva Padma	1 ' 10 "
						Pinda in Sirsa	1 ' 10 "
						Salamba Sarvanga I	6 '
						Salamba Sarvanga II	3 ' 10 "
						Niralamba Sarvanga I	3 ' 10 "
						Niralamba Sarvanga II	3 ' 10 "
						Hala	6 ' 10 "
						Karnapida	4 ' 50 "
						Supta Kona	4 '
						Parsva Hala	3 ' 50 "
						Ekapada Sarvanga	4 ' 40 "
						Parsvaikapada Sarvanga	3 ' 40 "
						Urdhva Padma in Sarvanga	2 '
						Pinda in Sarvanga	2 '
						Parsva Pinda in Sarvanga	1 ' 10 "
						Setubandha Sarvanga	1 ' 10 "
						Ekapada Setubandha Sarvanga	1 ' 10 "
						Jatara Parivartan	4 ' 50 "
						Supta Padangustha	1 ' 10 "
						Utthita Trikona	3 ' 10 "
						Parivritta trikona	2 ' 50 "

		Utthita Parsvakona	3' 10"
		Parivritta Parsvakona	1' 50"
		Virabhadra I	3' 10"
		Virabhadra II	3' 10"
		Virabhadrasana III	2'
		Ardha Chandra	3' 10"
		Parsvottan	3' 10"
		Padangustha	1' 20"
		Padahasta	1' 20"
		Uttan	4'
20"	Utthita Hasta Padangustha	Utthita Hasta Padangustha	20"
20"	Ardha Baddha Padmottan	Ardha Baddha Padmottan	20"
20"	Vatayan	Vatayan	20"
		Janusirsa	4'
20"	Parivritta Janusirsa	Parivritta Janusirsa	20"
		Ardha Baddha Padma Paschimottan	3' 10"
		Krouncha	1' 10"
		Marichy I	3' 10"
		Paschimottan	4'
20"	Urdhvamukha Paschimottan II	Urdhvamukha Paschimottan II	20"
		Baddha Padma	1' 10"
		Kukkuta	1' 10"
		Garbha Pinda	1' 10"
20"	Simha II	Simha II	20"
		Matsya	2'
		Baddha Kona	3' 10"
		Upavista Kona	1' 10"
		Akarna Dhanura	1' 10"
		Marichy III	2' 40"
		Ardha Matsyendra I	2' 40"
20"	Uttanapada	Uttanapada	20"
		Salabha	4'
		Dhanura	4'
		Parsva Dhanura	1' 10"
20"	Urdhva Dhanura I	Urdhva Dhanura I	20"
		Sava	6' 10"



Lesson 53 Time Asana

Pranayama	Rhythm	Theory	Asana's at home	Time
Nadi Sodhana	32/128/64/128		Salamba Sirsa I	4'
			Urdhva Danda	1' 20"
Mudra			Parsva Sirsa	3' 20"
Jalandhara Bandha		H.Y.P. III 70-76	Parivrittaika Pada Sirsa	1' 20"
			Ekapada Sirsa	3' 20"
Dhyana	Time		Parsvaikapada Sirsa	1' 20"
AUM	25'		Urdhva Padma in Sirsa	2' 10"
			Parsva Urdhva Padma	1' 20"
			Pinda in Sirsa	1' 20"
			Salamba Sarvanga I	6' 10"
			Salamba Sarvanga II	3' 20"
			Niralamba Sarvanga I	3' 20"
			Niralamba Sarvanga II	3' 20"
			Hala	6' 20"
			Karnapida	5'
			Supta Kona	4' 10"
			Parsva Hala	4'
			Ekapada Sarvanga	4' 50"
			Parsvaikapada Sarvanga	3' 50"
			Urdhva Padma in Sarvanga	2' 10"
			Pinda in Sarvanga	2' 10"
			Parsva Pinda in Sarvanga	1' 20"
			Setubandha Sarvanga	1' 20"
			Ekapada Setubandha Sarvanga	1' 20"
			Jatara Parivartan	5'
			Supta Padangustha	1' 20"
			Utthita Trikona	3' 20"
			Parivritta trikona	3'
			Utthita Parsvakona	3' 20"
			Parivritta Parsvakona	2'
			Virabhadra I	3' 20"
			Virabhadra II	3' 20"
			Virabhadrasana III	2' 10"
			Ardha Chandra	3' 20"
			Parsvottan	3' 20"
			Padangustha	1' 30"

					Padahasta	1 ' 30 "
					Uttan	4 ' 10 "
30 "	Utthita Hasta Padangustha				Utthita Hasta Padangustha	30 "
30 "	Ardha Baddha Padmottan				Ardha Baddha Padmottan	30 "
30 "	Vatayan				Vatayan	30 "
					Janusirsa	4 ' 10 "
30 "	Parivritta Janusirsa				Parivritta Janusirsa	30 "
					Ardha Baddha Padma Paschimottan	3 ' 20 "
					Krouncha	1 ' 20 "
					Marichy I	3 ' 20 "
					Paschimottan	4 ' 10 "
30 "	Urdhvamukha Paschimottan II				Urdhvamukha Paschimottan II	30 "
					Baddha Padma	1 ' 20 "
					Kukkuta	1 ' 20 "
					Garbha Pinda	1 ' 20 "
30 "	Simha II				Simha II	30 "
					Matsya	2 ' 10 "
					Baddha Kona	3 ' 20 "
					Upavista Kona	1 ' 20 "
					Akarna Dhanura	1 ' 20 "
					Marichy III	2 ' 50 "
					Ardha Matsyendra I	2 ' 50 "
30 "	Uttanapada				Uttanapada	30 "
					Salabha	4 ' 10 "
					Dhanura	4 ' 10 "
					Parsva Dhanura	1 ' 20 "
30 "	Urdhva Dhanura I				Urdhva Dhanura I	30 "
					Sava	6 ' 20 "

Lesson 54	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya Bhedana	32/128/64/128	Y.S. II 1-4	Salamba Sirsa I	4 ' 10 "
			Mudra			Urdhva Danda	1 ' 30 "
			Jalandhara Bandha			Parsva Sirsa	3 ' 30 "
						Parivrittaika Pada Sirsa	1 ' 30 "
			Dhyana	Time		Ekapada Sirsa	3 ' 30 "
			AUM	25 '		Parsvaikapada Sirsa	1 ' 30 "
						Urdhva Padma in Sirsa	2 ' 20 "

		Parsva Urdhva Padma	1 ' 30 "
		Pinda in Sirsa	1 ' 30 "
		Salamba Sarvanga I	6 ' 20 "
		Salamba Sarvanga II	3 ' 30 "
		Niralamba Sarvanga I	3 ' 30 "
		Niralamba Sarvanga II	3 ' 30 "
		Hala	6 ' 30 "
		Karnapida	5 ' 10 "
		Supta Kona	4 ' 20 "
		Parsva Hala	4 ' 10 "
		Ekapada Sarvanga	5 '
		Parsvaikapada Sarvanga	4 '
		Urdhva Padma in Sarvanga	2 ' 20 "
		Pinda in Sarvanga	2 ' 20 "
		Parsva Pinda in Sarvanga	1 ' 30 "
		Setubandha Sarvanga	1 ' 30 "
		Ekapada Setubandha Sarvanga	1 ' 30 "
		Jatara Parivartan	5 ' 10 "
		Supta Padangustha	1 ' 30 "
		Utthita Trikona	3 ' 30 "
		Parivritta trikona	3 ' 10 "
		Utthita Parsvakona	3 ' 30 "
		Parivritta Parsvakona	2 ' 10 "
		Virabhadra I	3 ' 30 "
		Virabhadra II	3 ' 30 "
		Virabhadrasana III	2 ' 20 "
		Ardha Chandra	3 ' 30 "
		Parsvottan	3 ' 30 "
		Padangustha	1 ' 40 "
		Padahasta	1 ' 40 "
		Uttan	4 ' 20 "
40 "	Utthita Hasta Padangustha	Utthita Hasta Padangustha	40 "
40 "	Ardha Baddha Padmottan	Ardha Baddha Padmottan	40 "
40 "	Vatayan	Vatayan	40 "
40 "	Parivritta Janusirsa	Parivritta Janusirsa	40 "
		Ardha Baddha Padma Paschimottan	3 ' 30 "

					Krouncha	1 ' 30 "
					Marichy I	3 ' 30 "
					Paschimottan	4 ' 20 "
40 "	Urdhvamukha Paschimottan II				Urdhvamukha Paschimottan II	40 "
					Baddha Padma	1 ' 30 "
					Kukkuta	1 ' 30 "
					Garbha Pinda	1 ' 30 "
40 "	Simha II				Simha II	40 "
					Matsya	2 ' 20 "
					Baddha Kona	3 ' 30 "
					Upavista Kona	1 ' 30 "
					Akarna Dhanura	1 ' 30 "
					Marichy III	3 '
					Ardha Matsyendra I	3 '
40 "	Uttanapada				Uttanapada	40 "
					Salabha	4 ' 20 "
					Dhanura	4 ' 20 "
					Parsva Dhanura	1 ' 30 "
40 "	Urdhva Dhanura I				Urdhva Dhanura I	40 "
					Sava	6 ' 30 "

Lesson 55	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya Bhedana	32/128/64/128		Salamba Sirsa I	4 ' 20 "
			Mudra			Urdhva Danda	1 ' 40 "
			Viparita Karani		H.Y.P. III 77-82	Parsva Sirsa	3 ' 40 "
			Dhyana	Time		Parivrittaika Pada Sirsa	1 ' 40 "
			AUM	25 '		Ekapada Sirsa	3 ' 40 "
						Parsvaikapada Sirsa	1 ' 40 "
						Urdhva Padma in Sirsa	2 ' 30 "
						Parsva Urdhva Padma	1 ' 40 "
						Pinda in Sirsa	1 ' 40 "
						Salamba Sarvanga I	6 ' 30 "
						Salamba Sarvanga II	3 ' 40 "
						Niralamba Sarvanga I	3 ' 40 "
						Niralamba Sarvanga II	3 ' 40 "
						Hala	6 ' 40 "
						Karnapida	5 ' 20 "

50 "	Utthita Hasta Padangustha
50 "	Ardha Baddha Padmottan
50 "	Vatayan
50 "	Parivritta Janusirsa
50 "	Urdhvamukha Paschimottan II
50 "	Simha II

Supta Kona	4 ' 30 "
Parsva Hala	4 ' 20 "
Ekapada Sarvanga	5 ' 10 "
Parsvaikapada Sarvanga	4 ' 10 "
Urdhva Padma in Sarvanga	2 ' 30 "
Pinda in Sarvanga	2 ' 30 "
Parsva Pinda in Sarvanga	1 ' 40 "
Setubandha Sarvanga	1 ' 40 "
Ekapada Setubandha Sarvanga	1 ' 40 "
Jatara Parivartan	5 ' 20 "
Supta Padangustha	1 ' 40 "
Utthita Trikona	3 ' 40 "
Parivritta trikona	3 ' 20 "
Utthita Parsvakona	3 ' 40 "
Parivritta Parsvakona	2 ' 20 "
Virabhadra I	3 ' 40 "
Virabhadra II	3 ' 40 "
Virabhadrasana III	2 ' 30 "
Ardha Chandra	3 ' 40 "
Parsvottan	3 ' 40 "
Padangustha	1 ' 50 "
Padahasta	1 ' 50 "
Uttan	4 ' 30 "
Utthita Hasta Padangustha	50 "
Ardha Baddha Padmottan	50 "
Vatayan	50 "
Janusirsa	4 ' 30 "
Parivritta Janusirsa	50 "
Ardha Baddha Padma Paschimottan	3 ' 40 "
Krouncha	1 ' 40 "
Marichy I	3 ' 40 "
Paschimottan	4 ' 30 "
Urdhvamukha Paschimottan II	50 "
Baddha Padma	1 ' 40 "
Kukkuta	1 ' 40 "
Garbha Pinda	1 ' 40 "
Simha II	50 "

		Matsya	2 ' 30 "
		Baddha Kona	3 ' 40 "
		Upavista Kona	1 ' 40 "
		Akarna Dhanura	1 ' 40 "
		Marichy III	3 ' 10 "
		Ardha Matsyendra I	3 ' 10 "
50 "	Uttanapada	Uttanapada	50 "
		Salabha	4 ' 30 "
		Dhanura	4 ' 30 "
		Parsva Dhanura	1 ' 40 "
50 "	Urdhva Dhanura I	Urdhva Dhanura I	50 "
		Sava	6 ' 40 "

Lesson 56	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	32/128/64/128	Y.S. II 5-9	Salamba Sirsa I	4 ' 30 "
			Mudra			Urdhva Danda	1 ' 50 "
			Viparita Karani			Parsva Sirsa	3 ' 50 "
						Parivrittaika Pada Sirsa	1 ' 50 "
			Dhyana	Time		Ekapada Sirsa	3 ' 50 "
			AUM	25 '		Parsvaikapada Sirsa	1 ' 50 "
						Urdhva Padma in Sirsa	2 ' 40 "
						Parsva Urdhva Padma	1 ' 50 "
						Pinda in Sirsa	1 ' 50 "
						Salamba Sarvanga I	6 ' 40 "
						Salamba Sarvanga II	3 ' 50 "
						Niralamba Sarvanga I	3 ' 50 "
						Niralamba Sarvanga II	3 ' 50 "
						Hala	6 ' 50 "
						Karnapida	5 ' 30 "
						Supta Kona	4 ' 40 "
						Parsva Hala	4 ' 30 "
						Ekapada Sarvanga	5 ' 20 "
						Parsvaikapada Sarvanga	4 ' 20 "
						Urdhva Padma in Sarvanga	2 ' 40 "
						Pinda in Sarvanga	2 ' 40 "
						Parsva Pinda in Sarvanga	1 ' 50 "
						Setubandha Sarvanga	1 ' 50 "

		Ekapada Setubandha Sarvanga	1' 50"
		Jatara Parivartan	5' 30"
		Supta Padangustha	1' 50"
		Utthita Trikona	3' 50"
		Parivritta Trikona	3' 30"
		Utthita Parsvakona	3' 50"
		Parivritta Parsvakona	2' 30"
		Virabhadra I	3' 50"
		Virabhadra II	3' 50"
		Virabhadrasana III	2' 40"
		Ardha Chandra	3' 50"
		Parsvottan	3' 50"
		Padangustha	2'
		Padahasta	2'
		Uttan	4' 40"
60"	Utthita Hasta Padangustha	Utthita Hasta Padangustha	1'
60"	Ardha Baddha Padmottan	Ardha Baddha Padmottan	1'
60"	Vatayan	Vatayan	1'
60"	Parivritta Janusirsa	Janusirsa	4' 40"
		Parivritta Janusirsa	1'
		Ardha Baddha Padma Paschimottan	3' 50"
		Krouncha	1' 50"
		Marichy I	3' 50"
60"	Urdhvamukha Paschimottan II	Paschimottan	4' 40"
		Urdhvamukha Paschimottan II	1'
		Baddha Padma	1' 50"
		Kukkuta	1' 50"
		Garbha Pinda	1' 50"
60"	Simha II	Simha II	1'
		Matsya	2' 40"
		Baddha Kona	3' 50"
		Upavista Kona	1' 50"
		Akarna Dhanura	1' 50"
		Marichy III	3' 20"
		Ardha Matsyendra I	3' 20"
60"	Uttanapada	Uttanapada	1'
		Salabha	4' 40"

	60 "	Urdhva Dhanura I				Dhanura Parsva Dhanura Urdhva Dhanura I Sava	4 ' 40 " 1 ' 50 " 1 ' 6 ' 50 "
Lesson 57	Time	Asana	Pranayama Sitkari	Rhythm 32/128/64/128	Theory	Asana's at home Salamba Sirsa I Salamba Sirsa II Salamba Sirsa III Baddha Hasta Sirsa Mukta Hasta Sirsa	Time 4 ' 40 "
		Salamba Sirsa II Salamba Sirsa III Baddha Hasta Sirsa Mukta Hasta Sirsa	Mudra Vajroli		H.Y.P. III 83-91	Mukta Hasta Sirsa Parsva Sirsa Parivrittaika Pada Sirsa Ekapada Sirsa Parsvaikapada Sirsa Urdhva Padma in Sirsa Parsva Urdhva Padma Pinda in Sirsa Salamba Sarvanga I Salamba Sarvanga II Niralamba Sarvanga I Niralamba Sarvanga II Hala Karnapida Supta Kona Parsva Hala Ekapada Sarvanga Parsvaikapada Sarvanga Parsva Sarvanga Setubandha Sarvanga Ekapada Setubandha Sarvanga Urdhva Padma in Sarvanga Parsva Urdhva Padma in Sarvanga Pinda in Sarvanga Parsva Pinda in Sarvanga Supta Padangustha Ananta	4 ' 2 ' 4 ' 2 ' 2 ' 50 " 2 ' 2 ' 6 ' 50 " 4 ' 4 ' 4 ' 7 ' 5 ' 40 " 4 ' 50 " 4 ' 40 " 5 ' 30 " 4 ' 30 " 2 ' 2 ' 2 ' 50 " 2 ' 50 " 2 ' 2 ' 2 '
		Parsva Sarvanga	Dhyana AUM	Time 25 '			
		Parsva Urdhva Padma in Sarvanga					
		Ananta					



		Paschimottan	4 ' 50 "
		Parivritta Paschimottana	
		Janusirsa	4 ' 50 "
		Parivritta Janusirsa	1 ' 10 "
		Krouncha	2 '
		Akarna Dhanura	2 '
		Baddha Padma	2 '
	Yoga Mudra	Yoga Mudra	
		Kukkuta	2 '
		Garbha Pinda	2 '
		Simha II	1 ' 10 "
		Matsya	2 ' 50 "
		Baddha Kona	4 '
		Ardha Matsyendra I	3 ' 30 "
		Marichy III	3 ' 30 "
	Marichy IV	Marichy IV	
		Uttanapada	1 '
		Salabha	4 ' 40 "
		Dhanura	4 ' 40 "
		Parsva Dhanura	1 ' 50 "
1 '	Urdhva Dhanura I	Urdhva Dhanura I	1 '
		Sava	6 ' 50 "

Lesson 58	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	32/128/64/128	Y.S. II 10-15	Salamba Sirsa I	4 ' 50 "
	10 "	Salamba Sirsa II				Salamba Sirsa II	10 "
	10 "	Salamba Sirsa III	Mudra			Salamba Sirsa III	10 "
	10 "	Baddha Hasta Sirsa	Vajroli			Baddha Hasta Sirsa	10 "
	10 "	Mukta Hasta Sirsa				Mukta Hasta Sirsa	10 "
			Dhyana	Time		Parsva Sirsa	4 ' 10 "
			AUM	25 '		Parivrittaika Pada Sirsa	2 ' 10 "
						Ekapada Sirsa	4 ' 10 "
						Parsvaikapada Sirsa	2 ' 10 "
						Urdhva Padma in Sirsa	3 '
						Parsva Urdhva Padma	2 ' 10 "
						Pinda in Sirsa	2 ' 10 "
						Salamba Sarvanga I	7 '

		Salamba Sarvanga II	4' 10"
		Niralamba Sarvanga I	4' 10"
		Niralamba Sarvanga II	4' 10"
		Hala	7' 10"
		Karnapida	5' 50"
		Supta Kona	5'
		Parsva Hala	4' 50"
		Ekapada Sarvanga	5' 40"
10"	Parsva Sarvanga	Parsvaikapada Sarvanga	4' 40"
		Parsva Sarvanga	10"
		Setubandha Sarvanga	2' 10"
		Ekapada Setubandha Sarvanga	2' 10"
		Urdhva Padma in Sarvanga	3'
10"	Parsva Urdhva Padma in Sarvanga	Parsva Urdhva Padma in Sarvanga	10"
		Pinda in Sarvanga	3'
		Parsva Pinda in Sarvanga	2' 10"
		Supta Padangustha	2' 10"
10"	Ananta	Ananta	10"
		Paschimottan	5'
10"	Parivritta Paschimottana	Parivritta Paschimottana	10"
		Janusirsa	5'
		Parivritta Janusirsa	1' 20"
		Krouncha	2' 10"
		Akarna Dhanura	2' 10"
		Baddha Padma	2' 10"
10"	Yoga Mudra	Yoga Mudra	10"
		Kukkuta	2' 10"
		Garbha Pinda	2' 10"
		Simha II	1' 20"
		Matsya	3'
		Baddha Kona	4' 10"
		Ardha Matsyendra I	3' 40"
		Marichy III	3' 40"
10"	Marichy IV	Marichy IV	10"
		Uttanapada	1' 10"
		Salabha	4' 50"
		Dhanura	4' 50"

Lesson 59	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	32/128/64/128		Parsva Dhanura	2'
						Urdhva Dhanura I	1' 10"
						Sava	7'
	20"	Salamba Sirsa II				Salamba Sirsa I	5'
	20"	Salamba Sirsa III	Mudra			Salamba Sirsa II	20"
	20"	Baddha Hasta Sirsa	Sahajoli		H.Y.P. III 92-95	Salamba Sirsa III	20"
	20"	Mukta Hasta Sirsa				Baddha Hasta Sirsa	20"
			Dhyana	Time		Mukta Hasta Sirsa	20"
			AUM	25'		Parsva Sirsa	4' 20"
						Parivrittaika Pada Sirsa	2' 20"
						Ekapada Sirsa	4' 20"
						Parsvaikapada Sirsa	2' 20"
						Urdhva Padma in Sirsa	3' 10"
						Parsva Urdhva Padma	2' 20"
						Pinda in Sirsa	2' 20"
						Salamba Sarvanga I	7' 10"
						Salamba Sarvanga II	4' 20"
						Niralamba Sarvanga I	4' 20"
						Niralamba Sarvanga II	4' 20"
						Hala	7' 20"
						Karnapida	6'
						Supta Kona	5' 10"
						Parsva Hala	5'
						Ekapada Sarvanga	5' 50"
						Parsvaikapada Sarvanga	4' 50"
	20"	Parsva Sarvanga				Parsva Sarvanga	20"
						Setubandha Sarvanga	2' 20"
						Ekapada Setubandha Sarvanga	2' 20"
	20"	Parsva Urdhva Padma in Sarvanga				Urdhva Padma in Sarvanga	3' 10"
						Parsva Urdhva Padma in Sarvanga	20"
						Pinda in Sarvanga	3' 10"
						Parsva Pinda in Sarvanga	2' 20"
						Supta Padangustha	2' 20"
	20"	Ananta				Ananta	20"
						Paschimottan	5' 10"

20 " Parivritta Paschimottana

20 " Yoga Mudra

20 " Marichy IV

Parivritta Paschimottana

Janusirsa

Parivritta Janusirsa

Krouncha

Akarna Dhanura

Baddha Padma

Yoga Mudra

Kukkuta

Garbha Pinda

Simha II

Matsya

Baddha Kona

Ardha Matsyendra I

Marichy III

Marichy IV

Uttanapada

Salabha

Dhanura

Parsva Dhanura

Urdhva Dhanura I

Sava

20 "

5 ' 10 "

1 ' 30 "

2 ' 20 "

2 ' 20 "

2 ' 20 "

20 "

2 ' 20 "

2 ' 20 "

1 ' 30 "

3 ' 10 "

4 ' 20 "

3 ' 50 "

3 ' 50 "

20 "

1 ' 20 "

5 '

5 '

2 ' 10 "

1 ' 20 "

7 ' 10 "

Lesson 60

Time

Asana

Pranayama

Rhythm

Theory

Asana's at home

Time

40 "

Salamba Sirsa II

Sitali

32/128/64/128

Y.S. II 16-22

Salamba Sirsa I

5 '

40 "

Salamba Sirsa III

Mudra

Salamba Sirsa II

40 "

40 "

Badha Hasta Sirsa

Sahajoli

Salamba Sirsa III

40 "

40 "

Mukta Hasta Sirsa

Dhyana

Time

Badhia Hasta Sirsa

40 "

Mukta Hasta Sirsa

40 "

AUM

25 '

Parsva Sirsa

4 ' 20 "

Parivrittaika Pada Sirsa

2 ' 20 "

Ekapada Sirsa

4 ' 20 "

Parsva Sirsa

2 ' 20 "

Urdhva Padma in Sirsa

3 ' 10 "

Parsva Urdhva Padma

2 ' 20 "

Pinda in Sirsa

2 ' 20 "

Salamba Sarvanga I

7 ' 10 "

Salamba Sarvanga II

4 ' 20 "

		Niralamba Sarvanga I	4 ' 20 "
		Niralamba Sarvanga II	4 ' 20 "
		Hala	7 ' 20 "
		Karnapida	6 '
		Supta Kona	5 ' 10 "
		Parsva Hala	5 '
		Ekapada Sarvanga	5 ' 50 "
		Parsvaikapada Sarvanga	4 ' 50 "
40 "	Parsva Sarvanga	Parsva Sarvanga	40 "
		Setubandha Sarvanga	2 ' 10 "
		Ekapada Setubandha Sarvanga	2 ' 10 "
		Urdhva Padma in Sarvanga	3 ' 10 "
		Pinda in Sarvanga	3 ' 10 "
		Parsva Pinda in Sarvanga	2 ' 20 "
		Supta Padangustha	2 ' 20 "
40 "	Ananta	Ananta	40 '
40 "	Parivritta Paschimotan	Paschimottan	5 ' 10 "
		Parivritta Paschimotan	40 "
		Janusirsa	5 ' 10 "
		Parivritta Janusirsa	1 ' 30 "
		Krouncha	2 ' 20 "
		Akarna Dhanura	2 ' 20 "
		Baddha Padma	2 ' 20 "
		Yoga Mudra	2 ' 20 "
		Kukkuta	2 ' 20 "
		Garbha Pinda	2 ' 20 "
40 "	Goraksa	Goraksa	40 "
		Simha 11	1 ' 30 "
		Matsya	3 ' 10 "
		Supta Vira	3 '
40 "	Bheka	Bheka	40 "
		Baddha Kona	40 "
		Ardha Matsyendra I	4 ' 10 "
		Marichy III	3 ' 50 "
40 "	Marichy IV	Marichy IV	40 "
40 "	Mala I	Mala I	40 "
		Uttanapada	1 ' 30 "

Lesson 61	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bastrika	32/128/64/128		Urdhva Dhanura I	1 ' 30 "
						Sava	7 ' 20 "
	50 "	Salamba Sirsa II				Salamba Sirsa I	
	50 "	Salamba Sirsa III	Mudra			Salamba Sirsa II	50 "
	50 "	Badha Hasta Sirsa	Amaroli		H.Y.P. III 96-103	Salamba Sirsa III	50 "
	50 "	Mukta Hasta Sirsa				Badha Hasta Sirsa	50 "
			Dhyana	Time		Mukta Hasta Sirsa	50 "
			AUM	25 '		Parsva Sirsa	4 ' 30 "
						Parivrittaika Pada Sirsa	2 ' 30 "
						Ekapada Sirsa	4 ' 30 "
						Parsvaikapada Sirsa	2 ' 30 "
						Urdhva Padma in Sirsa	3 ' 20 "
						Parsva Urdhva Padma	2 ' 30 "
						Pinda in Sirsa	2 ' 30 "
						Salamba Sarvanga I	7 ' 20 "
						Salamba Sarvanga II	4 ' 30 "
						Niralamba Sarvanga I	4 ' 30 "
						Niralamba Sarvanga II	4 ' 30 "
						Hala	7 ' 30 "
						Karnapida	6 ' 10 "
						Supta Kona	5 ' 20 "
						Parsva Hala	5 ' 10 "
						Ekapada Sarvanga	6 '
						Parsvaikapada Sarvanga	5 '
	50 "	Parsva Sarvanga				Parsva Sarvanga	50 "
						Setubandha Sarvanga	2 ' 20 "
						Ekapada Setubandha Sarvanga	2 ' 20 "
						Urdhva Padma in Sarvanga	3 ' 20 "
						Pinda in Sarvanga	3 ' 20 "
						Parsva Pinda in Sarvanga	2 ' 30 "
						Supta Padangustha	2 ' 30 "
	50 "	Ananta				Ananta	50 "
						Paschimottan	5 ' 20 "
	50 "	Parivritta Paschimotan				Parivritta Paschimotan	50 "
						Janusirsa	5 ' 20 "

		Parivritta Janusirsa	1 ' 40 "
		Krouncha	2 ' 30 "
		Akarna Dhanura	2 ' 30 "
		Baddha Padma	2 ' 30 "
		Yoga Mudra	2 ' 30 "
		Kukkuta	2 ' 30 "
		Garbha Pinda	2 ' 30 "
50 "	Goraksa	Goraksa	50 "
		Simha II	1 ' 40 "
		Matsya	3 ' 20 "
50 "	Bheka	Supta Vira	3 ' 10 "
		Bheka	50 "
		Baddha Kona	4 ' 10 "
		Ardha Matsyendra I	4 ' 20 "
		Marichy III	4'
50 "	Marichy IV	Marichy IV	50 "
50 "	Mala I	Mala I	50 "
		Uttanapada	1 ' 40 "
		Urdhva Dhanura I	1 ' 40 "
		Sava	7 ' 30 "

Lesson 62	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bastrika	32/128/64/128	Y.S. II 23-28	Salamba Sirsa I	5 ' 20 "
	1 '	Salamba Sirsa II				Salamba Sirsa II	1 '
	1 '	Salamba Sirsa III	Mudra			Salamba Sirsa III	1 '
	1 '	Badha Hasta Sirsa	Amaroli			Badha Hasta Sirsa	1 '
	1 '	Mukia Hasta Sirsa				Mukta Hasta Sirsa	1 '
			Dhyana	Time		Parsva Sirsa	4 ' 40 "
			AUM	25 '		Parivrittaika Pada Sirsa	2 ' 40 "
						Ekapada Sirsa	4 ' 40 "
						Parsvaikapada Sirsa	2 ' 40 "
						Urdhva Padma in Sirsa	3 ' 30 "
						Parsva Urdhva Padma	2 ' 40 "
						Pinda in Sirsa	2 ' 40 "
						Salamba Sarvanga I	7 ' 30 "
						Salamba Sarvanga II	4 ' 40 "
						Niralamba Sarvanga I	4 ' 40 "

		Niralamba Sarvanga II	4 ' 40 "
		Hala	7 ' 40 "
		Karnapida	6 ' 20 "
		Supta Kona	5 ' 30 "
		Parsva Hala	5 ' 20 "
		Ekapada Sarvanga	6 ' 10 "
		Parsvaikapada Sarvanga	5 ' 10 "
1 '	Parsva Sarvanga	Parsva Sarvanga	1 ' 10 "
		Setubandha Sarvanga	2 ' 30 "
		Ekapada Setubandha Sarvanga	2 ' 30 "
		Urdhva Padma in Sarvanga	3 ' 30 "
		Pinda in Sarvanga	3 ' 30 "
		Parsva Pinda in Sarvanga	2 ' 40 "
		Supta Padangustha	2 ' 40 "
1 '	Ananta	Ananta	1 '
		Paschimottan	5 ' 30 "
1 '	Parivritta Paschimotan	Parivritta Paschimotan	1 '
		Janusirsa	5 ' 30 "
		Parivritta Janusirsa	1 ' 50 "
		Krouncha	2 ' 40 "
		Akarna Dhanura	2 ' 40 "
		Baddha Padma	2 ' 40 "
		Yoga Mudra	2 ' 40 "
		Kukkuta	2 ' 40 "
		Garbha Pinda	2 ' 40 "
1 '	Goraksa	Goraksa	1 '
		Simha II	1 ' 50 "
		Matsya	3 ' 30 "
		Supta Vira	3 ' 20 "
1 '	Bheka	Bheka	1 '
		Baddha Kona	4 ' 20 "
		Ardha Matsyendra I	4 ' 30 "
		Marichy III	4 ' 10 "
1 '	Marichy IV	Marichy IV	1 '
1 '	Mala I	Mala I	1 '
		Uttanapada	1 ' 50 "
		Urdhva Dhanura I	1 ' 50 "



Lesson 63	Time	Asana	Pranayama	Rhythm	Theory	Sava	Time
			Bhramari	32/128/64/128		Asana's at home	7 ' 40 "
			Mudra			Salamba Sirsa I	5 ' 30 "
			Sakti Calana		H.Y.P. III 104-119	Salamba Sirsa II	1 ' 10 "
			Dhyana	Time		Salamba Sirsa III	1 ' 10 "
			AUM	30 '		Baddha Hasta Sirsa	1 ' 10 "
						Mukta Hasta Sirsa	1 ' 10 "
						Parsva Sirsa	4 ' 50 "
						Parivrittaika Pada Sirsa	2 ' 50 "
						Ekapada Sirsa	4 ' 50 "
						Parsvaikapada Sirsa	2 ' 50 "
						Urdhva Padma in Sirsa	3 ' 40 "
						Parsva Urdhva Padma	2 ' 50 "
						Pinda in Sirsa	2 ' 50 "
						Salamba Sarvanga I	7 ' 40 "
						Salamba Sarvanga II	4 ' 50 "
						Niralamba Sarvanga I	4 ' 50 "
						Niralamba Sarvanga II	4 ' 50 "
						Hala	7 ' 50 "
						Kamapida	6 ' 30 "
						Supta Kona	5 ' 40 "
						Parsva Hala	5 ' 30 "
						Ekapada Sarvanga	6 ' 20 "
						Parsvaikapada Sarvanga	5 ' 20 "
						Parsva Sarvanga	1 ' 20 "
						Setubandha Sarvanga	2 ' 40 "
						Ekapada Setubandha Sarvanga	2 ' 40 "
						Urdhva Padma in Sarvanga	3 ' 40 "
						Pinda in Sarvanga	3 ' 40 "
						Parsva Pinda in Sarvanga	2 ' 50 "
						Jatara Parivartan	5 ' 20 "
						Supta Padangustha	2 ' 50 "
						Ananta	1 ' 10 "
						Urdhva Prasarita Pada	
						Paschimottan	
						Parivritta Paschimotan	

Bhujapida  
Kurma  
Supta Kurma  
Ekapada Sirsa

Supta Vajra

Pasa

Urdhva Dhanura II

Urdhva Mukha Paschimottan I	2'
Akarna Dhanura	2' 40"
Bhujapida	
Kurma	
Supta Kurma	
Ekapada Sirsa	
Padma	2' 20"
Parvata	2' 20"
Tola	2' 20"
Simha I	2' 20"
Simha II	2'
Matsya	3' 40"
Kukkuta	2' 50"
Garbha Pinda	2' 50"
Goraksa	1' 10"
Baddha Padma	2' 50"
Yoga Mudra	2' 50"
Supta Vajra	
Bheka	1' 10"
Baddha Kona	4' 30"
Marichy III	4' 20"
Ardha Matsyendra I	4' 40"
Mala I	1' 10"
Pasa	
Uttanapada	2'
Urdhva Dhanura II	
Uttan	4' 30"
Sava	7' 50"

Lesson 64 Time

Asana

Pranayama  
Bhramari

Rhythm  
32/128/64/128

Theory  
Y.S. II 29-31

Mudra  
Sakti Calana

Dhyana  
AUM

Time  
30'

Asana's at home

Salamba Sirsa I	5' 40"
Salamba Sirsa II	1' 20"
Salamba Sirsa III	1' 20"
Badha Hasta Sirsa	1' 20"
Mukta Hasta Sirsa	1' 20"
Parsva Sirsa	5'
Parivrittaika Pada Sirsa	3'

Time

10 " Bhujapida  
10 " Kurma  
10 " Supta Kurma  
10 " Ekapada Sirsa

Ekapada Sirsa 5 '  
Parsvaikapada Sirsa 3 '  
Urdhva Padma in Sirsa 3 ' 50 "  
Parsva Urdhva Padma 3 '  
Pinda in Sirsa 3 '  
Salamba Sarvanga I 7 ' 50 "  
Salamba Sarvanga II 5 '  
Niralamba Sarvanga I 5 '  
Niralamba Sarvanga II 5 '  
Hala 8 '  
Karnapida 6 ' 40 "  
Supta Kona 5 ' 50 "  
Parsva Hala 5 ' 40 "  
Ekapada Sarvanga 6 ' 30 "  
Parsvaikapada Sarvanga 5 ' 30 "  
Parsva Sarvanga 1 ' 30 "  
Setubandha Sarvanga 2 ' 50 "  
Ekapada Setubandha Sarvanga 2 ' 50 "  
Urdhva Padma in Sarvanga 3 ' 50 "  
Pinda in Sarvanga 3 ' 50 "  
Parsva Pinda in Sarvanga 3 '  
Jatara Parivartan 5 ' 30 "  
Supta Padangustha 3 '  
Ananta 1 ' 20 "  
Urdhva Prasarita Pada 3 ' 40 "  
Paschimottan 5 ' 50 "  
Parivritta Paschimotan 1 ' 20 "  
Urdhva Paschimottan I 2 ' 10 "  
Akarna Dhanura 2 ' 50 "  
Bhujapida 10 "  
Kurma 10 "  
Supta Kurma 10 "  
Ekapada Sirsa 10 "  
Padma 2 ' 30 "  
Parvata 2 ' 30 "  
Tola 2 ' 30 "  
Simha I 2 ' 30 "



20 " Bhujapida  
20 " Kurma  
20 " Supta Kurma  
20 " Ekapada Sirsa

20 " Supta Vajra

Karnapida 6 ' 50 "  
Supta Kona 6 '  
Parsva Hala 5 ' 50 "  
Ekapada Sarvanga 6 ' 40 "  
Parsvaikapada Sarvanga 5 ' 40 "  
Parsva Sarvanga 1 ' 40 "  
Setubandha Sarvanga 3 '  
Ekapada Setubandha Sarvanga 3 '  
Urdhva Padma in Sarvanga 4 '  
Pinda in Sarvanga 4 '  
Parsva Pinda in Sarvanga 3 ' 10 "  
Jatara Parivartan 5 ' 40 "  
Supta Padangustha 3 ' 10 "  
Ananta 1 ' 30 "  
Urdhva Prasarita Pada 3 ' 50 "  
Paschimottan 6 '  
Parivritta Paschimottan 1 ' 30 "  
Urdhva Mukha Paschimottan I 2 ' 30 "  
Akama Dhanura 3 '  
Bhujapida 20 "  
Kurma 20 "  
Supta Kurma 20 "  
Ekapada Sirsa 20 "  
Padma 2 ' 40 "  
Parvata 2 ' 40 "  
Tola 2 ' 40 "  
Simha I 2 ' 40 "  
Simha II 2 ' 20 "  
Matsya 4 '  
Kukkuta 3 ' 10 "  
Garbha Pinda 3 ' 10 "  
Goraksa 1 ' 30 "  
Baddha Padma 3 ' 10 "  
Yoga Mudra 3 ' 10 "  
Supta Vajra 20 "  
Bheka 1 ' 30 "  
Baddha Kona 4 ' 50 "

20 "	Pasa	Marichy III	4 ' 40 "
		Ardha Matsyendra I	5 '
		Mala I	1 ' 30 "
20 "	Urdhva Dhanura II	Pasa	20 "
		Uttanapada	2 ' 20 "
		Urdhva Dhanura II	20 "
		Uttan	4 ' 50 "
		Sava	8 ' 10 "

Lesson 66	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	32/128/64/128	Y.S. II 35-45	Salamba Sirsa I	6 '
			Mudra			Salamba Sirsa II	1 ' 40 "
			Maha			Salamba Sirsa III	1 ' 40 "
			Dhyana	Time		Badha Hasta Sirsa	1 ' 40 "
			AUM	30 '		Mukta Hasta Sirsa	1 ' 40 "
						Parsva Sirsa	5 ' 20 "
						Parivrittaika Pada Sirsa	3 ' 20 "
						Ekapada Sirsa	5 ' 20 "
						Parsvaikapada Sirsa	3 ' 20 "
						Urdhva Padma in Sirsa	3 ' 50 "
						Parsva Urdhva Padma	3 ' 20 "
						Pinda in Sirsa	3 ' 20 "
						Salamba Sarvanga I	8 ' 10 "
						Salamba Sarvanga II	5 ' 20 "
						Niralamba Sarvanga I	5 ' 20 "
						Niralamba Sarvanga II	5 ' 20 "
						Hala	8 ' 20 "
						Karnapida	7 '
						Supta Kona	6 ' 10 "
						Parsva Hala	6 '
						Ekapada Sarvanga	6 ' 50 "
						Parsvaikapada Sarvanga	5 ' 50 "
						Parsva Sarvanga	1 ' 50 "
						Setubandha Sarvanga	3 ' 10 "
						Ekapada Setubandha Sarvanga	3 ' 10 "
						Urdhva Padma in Sarvanga	4 ' 10 "
						Pinda in Sarvanga	4 ' 10 "

30 "	Bhujapida
30 "	Kurma
30 "	Supta Kurma
30 "	Ekapada Sirsa

30 " Supta Vajra

30 " Pasa

30 " Urdhva Dhanura II

Parsva Pinda in Sarvanga	3 ' 20 "
Jatara Parivartan	5 ' 50 "
Supta Padangustha	3 ' 20 "
Ananta	1 ' 40 "
Urdhva Prasarita Pada	4 ' "
Paschimottan	6' 10 "
Parivritta Paschimotan	1 ' 40 "
Urdhva Mukha Paschimottan I	2 ' 30 "
Akarna Dhanura	3 ' 10 "
Bhujapida	30 "
Kurma	30 "
Supta Kurma	30 "
Ekapada Sirsa	30 "
Padma	2' 50 "
Parvata	2' 50 "
Tola	2' 50 "
Simha I	2' 50 "
Simha II	2 ' 30 "
Matsya	4 ' 10 "
Kukkuta	3 ' 20 "
Garbha Pinda	3 ' 20 "
Goraksa	1 '40
Baddha Padma	3 ' 20 "
Yoga Mudra	3 ' 20 "
Supta Vajra	30 "
Bheka	1 '40'
Baddha Kona	5'
Marichy III	4 ' 50 "
Ardha Matsyendra I	5 ' 10 "
Mala I	1 ' 40 "
Pasa	30 "
Uttanapada	2 ' 30 "
Urdhva Dhanura II	30 "
Uttan	5 ' "
Sava	8 ' 20 "

Lesson 67    Time    Asana    Pranayama    Rhythm    Theory    Asana's at home    Time

Plavini	32/128/64/128	Y.S. II 46-53	Salamba Sirsa I	6 ' 10 "
			Salamba Sirsa II	1 ' 50 "
Mudra			Salamba Sirsa III	1 ' 50 "
Maha Bandha			Badha Hasta Sirsa	1 ' 50 "
			Mukta Hasta Sirsa	1 ' 50 "
Dhyana	Time		Parsva Sirsa	5 ' 30 "
AUM	30 '		Parivrittaika Pada Sirsa	3 ' 30 "
			Ekapada Sirsa	5 ' 30 "
			Parsvaikapada Sirsa	3 ' 30 "
			Urdhva Padma in Sirsa	4 ' 20 "
			Parsva Urdhva Padma	3 ' 30 "
			Pinda in Sirsa	3 ' 30 "
			Salamba Sarvanga I	8 ' 20 "
			Salamba Sarvanga II	5 ' 30 "
			Niralamba Sarvanga I	5 ' 30 "
			Niralamba Sarvanga II	5 ' 30 "
			Hala	8 ' 30 "
			Karnapida	7 ' 10 "
			Supta Kona	6 ' 20 "
			Parsva Hala	6 ' 10 "
			Ekapada Sarvanga	7 '
			Parsvaikapada Sarvanga	6 '
			Parsva Sarvanga	2 '
			Setubandha Sarvanga	3 ' 20 "
			Ekapada Setubandha Sarvanga	3 ' 20 "
			Urdhva Padma in Sarvanga	4 ' 20 "
			Pinda in Sarvanga	4 ' 20 "
			Parsva Pinda in Sarvanga	3 ' 30 "
			Jatara Parivartan	6 '
			Supta Padangustha	3 ' 30 "
			Ananta	1 ' 50 "
			Urdhva Prasarita Pada	4 ' 10 "
			Paschimottan	6 ' 20 "
			Parivritta Paschimotan	1 ' 50 "
			Urdhva Mukha Paschimottan I	2 ' 40 "
			Akarna Dhanura	3 ' 20 "
			Bhujapida	40 "



40 " Kurma  
 40 " Supta Kurma  
 40 " Ekapada Sirsa

40 " Supta Vajra

40 " Pasa

40 " Urdhva Dhanura II

Kurma 40 "  
 Supta Kurma 40 "  
 Ekapada Sirsa 40 "  
 Padma 3 '  
 Parvata 3 '  
 Tola 3 '  
 Simha I 3 '  
 Simha II 2 ' 40 "  
 Matsya 4 ' 20 "  
 Kukkuta 3 ' 30 "  
 Garbha Pinda 3 ' 30 "  
 Goraksa 1 ' 50 "  
 Baddha Padma 3 ' 30 "  
 Yoga Mudra 3 ' 30 "  
 Supta Vajra 40 "  
 Bheka 1 ' 50 "  
 Baddha Kona 5 ' 10 "  
 Marichy III 5 '  
 Ardha Matsyendra I 5 ' 20 "  
 Mala I 1 ' 50 "  
 Pasa 40 "  
 Uttanapada 2 ' 40 "  
 Urdhva Dhanura II 40 "  
 Uttan 5 ' 10 "  
 Sava 8 ' 30 "

Lesson 68	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	32/128/64/128	Y.S. II 54-55	Salamba Sirsa I	6 ' 20 "
			Mudra			Salamba Sirsa II	2 '
			Maha Bandha			Salamba Sirsa III	2 '
						Baddha Hasta Sirsa	2 '
						Mukta Hasta Sirsa	2 '
			Dhyana	Time		Parsva Sirsa	5 ' 40 "
			AUM	30 '		Panvrittaika Pada Sirsa	3 ' 40 "
						Ekapada Sirsa	5 ' 40 "
						Parsyaikapada Sirsa	3 ' 40 "
						Urdhva Padma in Sirsa	4 ' 30 "

50 " Bhujapida  
50 " Kurma  
50 " Supta Kurma  
50 " Ekapada Sirsa

Parsva Urdhva Padma 3 ' 40 "  
Pinda in Sirsa 3 ' 40 "  
Salamba Sarvanga I 8 ' 30 "  
Salamba Sarvanga II 5 ' 40 "  
Niralamba Sarvanga I 5 ' 40 "  
Niralamba Sarvanga II 5 ' 40 "  
Hala 8 ' 40 "  
Karnapida 7 ' 20 "  
Supta Kona 6 ' 30 "  
Parsva Hala 6 ' 20 "  
Ekapada Sarvanga 7 ' 10 "  
Parsvaikapada Sarvanga 6 ' 10 "  
Parsva Sarvanga 2 ' 10 "  
Setubandha Sarvanga 3 ' 30 "  
Ekapada Setubandha Sarvanga 3 ' 30 "  
Urdhva Padma in Sarvanga 4 ' 30 "  
Pinda in Sarvanga 4 ' 30 "  
Parsva Pinda in Sarvanga 3 ' 40 "  
Jatara Parivartan 6 ' 10 "  
Supta Padangustha 3 ' 40 "  
Ananta 2 '  
Urdhva Prasarita Pada 4 ' 20 "  
Paschimottan 6 ' 30 "  
Parivritta Paschimotan 2 '  
Urdhva Mukha Paschimottan I 2 ' 50 "  
Akarna Dhanura 3 ' 30 "  
Bhujapida 50 "  
Kurma 50 "  
Supta Kurma 50 "  
Ekapada Sirsa 50 "  
Padma 3 ' 10 "  
Parvata 3 ' 10 "  
Tola 3 ' 10 "  
Simha I 3 ' 10 "  
Simha II 2 ' 50 "  
Matsya 4 ' 30 "  
Kukkuta 3 ' 40 "

50 "	Supta Vajra	Garbha Pinda	3 ' 40 "
		Goraksa	2 '
		Padma	3 ' 40 "
		Yoga Mudra	3 ' 40 "
		Supta Vajra	50 "
		Bheka	2 '
		Baddha Kona	5 ' 20 "
		Marichy III	5 ' 10 "
		Ardha Matsyendra I	5 ' 30 "
50 "	Pasa	Mala I	2 '
		Pasa	50 "
50 "	Lirdhva Dhanura II	Uttanapada	2 ' 50 "
		Urdhva Dhanura II	50 "
		Uttan	5 ' 20 "
		Sava	8 ' 40 "

Lesson 69	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	36/144/72/144	Y.S. III 1-8	Salamba Sirsa I	6 ' 30 "
			Mudra			Salamba Sirsa II	2 ' 10 "
			Maha Vedha			Salamba Sirsa III	2 ' 10 "
			Dhyana	Time		Baddha Hasta Sirsa	2 ' 10 "
			AUM	30 '		Mukta Hasta Sirsa	2 ' 10 "
						Parsva Sirsa	5 ' 50 "
						Parivrittaika Pada Sirsa	3 ' 50 "
						Ekapada Sirsa	5 ' 50 "
						Parsvaikapada Sirsa	3 ' 50 "
						Urdhva Padma in Sirsa	4 ' 20 "
						Parsva Urdhva Padma	3 ' 50 "
						Pinda in Sirsa	3 ' 50 "
						Salamba Sarvanga I	8 ' 40 "
						Salamba Sarvanga II	5 ' 50 "
						Niralamba Sarvanga I	5 ' 50 "
						Niralamba Sarvanga II	5 ' 50 "
						Hala	8 ' 50 "
						Karnapida	7 ' 30 "
						Supta Kona	6 ' 40 "
						Parsva Hala	6 ' 40 "

		Ekapada Sarvanga	7 ' 20 "
		Parsvaikapada Sarvanga	6 ' 20 "
		Parsva Sarvanga	2 ' 20 "
		Setubandha Sarvanga	3 ' 40 "
		Ekapada Setubandha Sarvanga	3 ' 40 "
		Urdhva Padma in Sarvanga	3 ' 40 "
		Pinda in Sarvanga	4 ' 40 "
		Parsva Pinda in Sarvanga	3 ' 50 "
		Jatara Parivartan	6 ' 20 "
		Supta Padangustha	3 ' 50 "
		Ananta	2 ' 10 "
		Urdhva Prasarita Pada	4 ' 30 "
		Paschimottan	6 ' 40 "
		Parivritta Paschimottan	2 ' 10 "
		Urdhva Mukha Paschimottan I	3 ' 40 "
		Akarna Dhanura	3 ' 40 "
1 '	Bhujapida	Bhujapida	1 ' 40 "
1 '	Kurma	Kurma	1 ' 40 "
1 '	Supta Kurma	Supta Kurma	1 ' 40 "
1 '	Ekapada Sirsa	Ekapada Sirsa	1 ' 40 "
		Padma	3 ' 20 "
		Parvata	3 ' 20 "
		Tola	3 ' 20 "
		Simha I	3 ' 20 "
		Simha II	3 ' 20 "
		Matsya	4 ' 40 "
		Kukkuta	3 ' 50 "
		Garbha Pinda	3 ' 50 "
		Goraksa	2 ' 10 "
		Baddha Padma	3 ' 50 "
		Yoga Mudra	3 ' 50 "
1 '	Supta Vajra	Supta Vajra	1 ' 40 "
		Bheka	2 ' 10 "
		Baddha Kona	5 ' 30 "
		Marichy III	5 ' 20 "
		Ardha Matsyendra I	5 ' 40 "
		Mala I	2 ' 10 "

1 ' Pasa  
1 ' Urdhva Dhanura II

Pasa 1 '  
Uttanapada 3 '  
Urdhva Dhanura II 1 '  
Uttan 5 ' 30 "  
Sava 8 ' 50 "

Lesson 70	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	36/144/72/144	Y.S. III 9-13	Salamba Sirsa I	6 ' 40 "
			Mudra			Parsva Sirsa	6 '
			Maha Vedha			Parivrittaika Pada Sirsa	4 '
			Dhyana	Time		Ekapada Sirsa	4 '
			AUM	30 '		Parsvaikapada Sirsa	4 '
						Urdhva Padma in Sirsa	4 ' 30 "
						Parsva Urdhva Padma	4 '
						Pinda in Sirsa	4 '
						Salamba Sarvanga I	8 ' 50 "
						Salamba Sarvanga II	6 '
						Niralamba Sarvanga I	6 '
						Niralamba Sarvanga II	6 '
						Hala	9 '
						Karnapida	7 ' 40 "
						Supta Kona	6 ' 50 "
						Parsva Hala	6 ' 50 "
						Ekapada Sarvanga	7 ' 30 "
						Parsvaikapada Sarvanga	6 ' 30 "
						Parsva Sarvanga	2 ' 30 "
						Setubandha Sarvanga	3 ' 50 "
						Ekapada Setubandha Sarvanga	3 ' 50 "
						Urdhva Padma in Sarvanga	3 ' 50 "
						Pinda in Sarvanga	4 ' 50 "
						Parsva Pinda in Sarvanga	4 '
						Jatara Parivartan	6 ' 30 "
						Supta Padangustha	4 '
						Ananta	2 ' 20 "
						Paschimottan	6 ' 50 "
						Parivritta Paschimottan	2 ' 20 "
						Akarna Dhanura	3 ' 50 "

Skanda  
 Astvakra  
 Ekahasta Bhujā  
 Dvihadā Bhujā  
 Adhomukha Vrksa

Kurma	1 ' 10 "
Supta Kurma	1 ' 10 "
Ekapada Sirsa	1 ' 10 "
Skanda	
Bhujapida	1 ' 10 "
Astvakra	
Ekahasta Bhujā	
Dvihadā Bhujā	
Adhomukha Vrksa	
Padma	3 ' 30 "
Parvata	3 ' 30 "
Tola	3 ' 30 "
Simha I	3 ' 30 "
Simha II	3 ' 10 "
Matsya	4 ' 50 "
Kukkuta	4 '
Garbha Pinda	4 '
Goraksa	2'20'
Baddha Padma	4 '
Yoga Mudra	4 '
Supta Vajra	1 ' 10 "
Marichy III	5 ' 30 "
Ardha Matsyendra 1	5 ' 50 "
Pasa	1 ' 10 "
Uttanapada	3 ' 10 "
Urdhva Dhanura II	1 ' 10 "
Uttan	5 ' 40 "
Sava	9'

Lesson 71 Time Asana

Pranayama	Rhythm	Theory
Ujjayi	36/144/72/144	Y.S. III 14-16
Mudra		
Khecari		
Dhyana	Time	
AUM	30'	

Asana's at home	Time
Salamba Sirsa I	6 ' 50 "
Parsva Sirsa	6 ' 10 "
Parivrittaika Pada Sirsa	4 ' 10 "
Ekapada Sirsa	4 ' 10 "
Parsvaikapada Sirsa	4 ' 10 "
Urdhva Padma in Sirsa	4 ' 40 "
Parsva Urdhva Padma	4 ' 10 "

10 "	Skanda
10 "	Astvakra
10 "	Ekahasta Bhujā
10 "	Dvihasta Bhujā
10 "	Adhomukha Vrksa

Pinda in Sirsa	4 ' 10 "
Salamba Sarvanga I	9 '
Salamba Sarvanga II	6 ' 10 "
Niralamba Sarvanga I	6 ' 10 "
Niralamba Sarvanga II	6 ' 10 "
Hala	9 ' 10 "
Karnapida	7 ' 50 "
Supta Kona	7 '
Parsva Hala	7 '
Ekapada Sarvanga	7 ' 40 "
Parsvaikapada Sarvanga	6 ' 40 "
Parsva Sarvanga	2 ' 40 "
Setubandha Sarvanga	4 '
Ekapada Setubandha Sarvanga	4 '
Urdhva Padma in Sarvanga	4 '
Pinda in Sarvanga	5 '
Parsva Pinda Sarvanga	4 '
Jatara Panvartan	6 ' 40 "
Supta Padangustha	4 ' 10 "
Ananta	2 ' 30 "
Paschimottan	7 '
Parivritta Paschimottan	2 ' 30 "
Akarna Dhanura	4 '
Kurma	1 ' 20 "
Supta Kurma	1 ' 20 "
Ekapada Sirsa	1 ' 20 "
Skanda	10 "
Bhujapida	1 ' 20 "
Astvakra	10 "
Ekahasta Bhujā	10 "
Dvihasta Bhujā	10 "
Adhomukha Vrksa	10 "
Padma	3 ' 40 "
Parvata	3 ' 40 "
Tola	3 ' 40 "
Simha I	3 ' 40 "
Simha II	3 ' 20 "

Matsya	5'
Kukkuta	4' 10"
Garbha Pinda	4' 10"
Goraksa	2' 30"
Baddha Padma	4' 10"
Yoga Mudra	4' 10"
Supta Vajra	1' 20"
Marichy III	5' 40"
Ardha Matsyendra I	6'
Pasa	1' 20"
Uttanapada	3' 20"
Urdhva Dhanura II	1' 20"
Uttan	5' 50"
Sava	9' 10"

Lesson 72 Time Asana

Pranayama	Rhythm	Theory
Ujjayi	36/144/72/144	Y.S. III 17-18
Mudra		
Khecari		
Dhyana	Time	
AUM	30'	

Asana's at home	Time
Salamba Sirsa I	7'
Parsva Sirsa	6' 20"
Parivrittaika Pada Sirsa	4' 20"
Ekapada Sirsa	4' 20"
Parsvaikapada Sirsa	4' 20"
Urdhva Padma in Sirsa	4' 50"
Parsva Urdhva Padma	4' 20"
Pinda in Sirsa	4' 20"
Salamba Sarvanga I	9' 10"
Salamba Sarvanga II	6' 20"
Niralamba Sarvanga I	6' 20"
Niralamba Sarvanga II	6' 20"
Hala	9' 20"
Karnapida	8'
Supta Kona	7' 10"
Parsva Hala	7' 10"
Ekapada Sarvanga	7' 50"
Parsvaikapada Sarvanga	6' 50"
Parsva Sarvanga	2' 50"
Setubandha Sarvanga	4' 10"
Ekapada Setubandha Sarvanga	4' 10"



20 "	Skanda
20 "	Astavakra
20 "	Ekahasta Bhujā
20 "	Dvihasta Bhujā
20 "	Adhomukha Vrksa

Urdhva Padma in Sarvanga	4 ' 10 "
Pinda in Sarvanga	5 ' 10 "
Parsva Pinda in Sarvanga	4 ' 20 "
Jatara Parivartan	6 ' 50 "
Supta Padangustha	4 ' 20 "
Ananta	2 ' 40 "
Paschimottan	7 ' 10 "
Parivritta Paschimottan	2 ' 40 "
Akarna Dhanura	4 ' 10 "
Kurma	1 ' 30 "
Supta Kurma	1 ' 30 "
Ekapada Sirsa	1 ' 30 "
Skanda	20 "
Bhujapida	1 ' 30 "
Astavakra	20 "
Ekahasta Bhujā	20 "
Dvihasta Bhujā	20 "
Adhomukha Vrksa	20 "
Padma	3 ' 50 "
Parvata	3 ' 50 "
Tola	3 ' 50 "
Simha I	3 ' 50 "
Simha II	3 ' 50 "
Matsya	5 ' 10 "
Kukkuta	4 ' 20 "
Garbha Pinda	4 ' 20 "
Goraksa	2 ' 40 "
Baddha Padma	4 ' 20 "
Yoga Mudra	4 ' 20 "
Supta Vajra	1 ' 30 "
Marichy III	5 ' 50 "
Ardha Matsyendra I	6 ' 10 "
Pasa	1 ' 30 "
Uttanapada	3 ' 30 "
Urdhva Dhanura II	1 ' 30 "
Uttan	6 '
Sava	9 ' 20 "

Lesson 73 Time Asana

Pranayama  
Sitkari  
  
Mudra  
Uddiyana Bandha  
  
Dhyana  
AUM

Rhythm  
36/144/72/144  
  
  
  
Time  
30 '

Theory  
Y.S. III 19-20

Asana's at home  
Salamba Sirsa I  
Parsva Sirsa  
Parivrittaika Pada Sirsa  
Ekapada Sirsa  
Parsvaikapada Sirsa  
Urdhva Padma in Sirsa  
Parsva Urdhva Padma  
Pinda in Sirsa  
Salamba Sarvanga I  
Salamba Sarvanga II  
Niralamba Sarvanga I  
Niralamba Sarvanga II  
Hala  
Karnapida  
Supta Kona  
Parsva Hala  
Ekapada Sarvanga  
Parsvaikapada Sarvanga  
Parsva Sarvanga  
Setubandha Sarvanga  
Ekapada Setubandha Sarvanga  
Urdhva Padma in Sarvanga  
Pinda in Sarvanga  
Parsva Pinda in Sarvanga  
Jatara Parivartan  
Supta Padangustha  
Ananta  
Paschimottan  
Parivritta Paschimottan  
Akarna Dhanura  
Kurma  
Supta Kurma  
Ekapada Sirsa  
Skanda  
Bhujapida

Time  
7 ' 10 "  
6 ' 30 "  
4 ' 30 "  
4 ' 30 "  
4 ' 30 "  
5 '  
4 ' 30 "  
4 ' 30 "  
9 ' 20 "  
6 ' 30 "  
6 ' 30 "  
6 ' 30 "  
9 ' 30 "  
8 ' 10 "  
7 ' 20 "  
7 ' 20 "  
8 '  
7 '  
3 '  
4 ' 20 "  
4 ' 20 "  
4 ' 20 "  
5 ' 20 "  
4 ' 20 "  
7 '  
4 ' 30 "  
2 ' 50 "  
7 ' 20 "  
2 ' 50 "  
4 ' 20 "  
1 ' 40 "  
1 ' 40 "  
1 ' 40 "  
30 "  
1 ' 40 "

30 " Skanda

30 "	Astvakra
30 "	Ekahasta Bhujja
30 "	Dvihasta Bhujja
30 "	Adhomukha Vrksa

Astavakra	30 "
Ekahasta Bhujja	30 "
Dvihasta Bhujja	30 "
Adhomukha Vrksa	30 "
Padma	4 '
Parvata	4 '
Tola	4 '
Simha I	4 '
Simha II	3 ' 40 "
Matsya	5 ' 20 "
Kukkuta	4 ' 30 "
Garbha Pinda	4 ' 30 "
Goraksa	2 ' 50 "
Baddha Padma	4 ' 30 "
Yoga Mudra	4 ' 30 "
Supta Vajra	1 ' 40 "
Marichy III	6 '
Ardha Matsyendra I	6 ' 20 "
Pasa	1 ' 40 "
Uttanapada	3 ' 40 "
Urdhva Dhanura II	1 ' 40 "
Uttan	6 ' 10 "
Sava	9 ' 30 "

Lesson 74	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	36/144/72/144	Y.S. III 21-22	Salamba Sirsa I	7 ' 20 "
			Mudra			Parsva Sirsa	6 ' 40 "
			Uddiyana Bandha			Parivrittaika Pada Sirsa	4 ' 40 "
						Ekapada Sirsa	4 ' 40 "
						Parsvaikapada Sirsa	4 ' 40 "
			Dhyana	Time		Urdhva Padma in Sirsa	5 ' 10 "
			AUM	30 '		Parsva Urdhva Padma	4 ' 40 "
						Pinda in Sirsa	4 ' 40 "
						Salamba Sarvanga I	9 ' 30 "
						Salamba Sarvanga II	6 ' 40 "
						Niralamba Sarvanga I	6 ' 40 "
						Niralamba Sarvanga II	6 ' 40 "

40 " Skanda  
40 " Astavakra  
40 " Ekahasta Bhuj  
40 " Dvihasta Bhuj  
40 " Adhomukha Vrksa

Hala 9' 40 "  
Karnapida 8' 20 "  
Supta Kona 7' 30 "  
Parsva Hala 7' 30 "  
Ekapada Sarvanga 8' 10 "  
Parsvaikapada Sarvanga 7' 10 "  
Parsva Sarvanga 3' 10 "  
Setubandha Sarvanga 4' 30 "  
Ekapada Setubandha Sarvanga 4' 30 "  
Urdhva Padma in Sarvanga 4' 30 "  
Pinda in Sarvanga 5' 30 "  
Parsva Pinda in Sarvanga 4' 30 "  
Jatara Parivartan 7' 10 "  
Supta Padangustha 4' 40 "  
Ananta 3'  
Paschimottan 7' 30 "  
Parivrtta Paschimottan 3'  
Akarna Dhanura 4' 30 "  
Kurma 1' 50 "  
Supta Kurma 1' 50 "  
Ekapada Sirsa 1' 50 "  
Skanda 40 "  
Bhujapida 1' 50 "  
Astavakra 40 "  
Ekahasta Bhuj 40 "  
Bhuj 40 "  
Adhomukha Vrksa 40 "  
Padma 4' 10 "  
Parvata 4' 10 "  
Tola 4' 10 "  
Simha I 4' 10 "  
Simha II 3' 50 "  
Matsya 5' 30 "  
Kukkuta 4' 40 "  
Garbha Pinda 4' 40 "  
Goraksa 3'  
Baddha Padma 4' 40 "

Yoga Mudra	4 ' 40 "
Supta Vajra	1 ' 50 "
Marichy III	6 ' 10 "
Ardha Matsyendra I	6 ' 30 "
Pasa	1 ' 50 "
Uttanapada	3 ' 50 "
Urdhva Dhanura II	1 ' 50 "
Uttan	6 ' 20 "
Sava	9 ' 40 "

Lesson 75	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	36/144/72/144	Y.S. III 23-24	Salamba Sirsa I	7 ' 30 "
			Mudra			Parsva Sirsa	6 ' 50 "
			Mula Bandha			Parivrittaika Pada Sirsa	4 ' 50 "
						Ekapada Sirsa	4 ' 50 "
			Dhyana	Time		Parsvaikapada Sirsa	4 ' 50 "
			AUM	30 '		Urdhva Padma in Sirsa	4 ' 50 "
						Parsva Urdhva Padma	4 ' 50 "
						Pinda in Sirsa	4 ' 50 "
						Salamba Sarvanga I	9 ' 40 "
						Salamba Sarvanga II	6 ' 50 "
						Niralamba Sarvanga I	6 ' 50 "
						Niralamba Sarvanga II	6 ' 50 "
						Hala	9 ' 50 "
						Karnapida	8 ' 30 "
						Supta Kona	7 ' 40 "
						Parsva Hala	7 ' 40 "
						Ekapada Sarvanga	8 ' 20 "
						Parsvaikapada Sarvanga	7 ' 20 "
						Parsva Sarvanga	3 ' 20 "
						Setubandha Sarvanga	4 ' 40 "
						Ekapada Setubandha Sarvanga	4 ' 40 "
						Urdhva Padma in Sarvanga	4 ' 40 "
						Pinda in Sarvanga	5 ' 40 "
						Parsva Pinda in Sarvanga	4 ' 40 "
						Jatara Parivarian	7 ' 20 "
						Supta Padangustha	4 ' 50 "

50 "	Skanda
50 "	Astavakra
50 "	Ekahasta Bhuj
50 "	Dvihasta Bhuj
50 "	Adhomukha Vrksa

Ananta	3 ' 10 "
Paschimottan	7 ' 40 "
Parivritta Paschimottan	3 ' 10 "
Akarna Dhanura	4 " 40 "
Kurma	2 ' "
Supta Kurma	2 ' "
Ekapada Sirsa	2 ' "
Skanda	50 "
Bhujapida	2 ' "
Astavakra	50 "
Ekahasta Bhuj	50 "
Dvihasta Bhuj	50 "
Adhomukha Vrksa	50 "
Padma	4 ' 20 "
Parvata	4 ' 20 "
Tola	4 ' 20 "
Simha I	4 ' 20 "
Simha II	4 ' "
Matsya	5 ' 40 "
Kukkuta	4 ' 50 "
Garbha Pinda	4 ' 50 "
Goraksa	3 ' 10 "
Baddha Padma	4 ' 50 "
Yoga Mudra	4 ' 50 "
Supta Vajra	2 ' "
Marichy III	6 ' 20 "
Ardha Matsyendra I	6 ' 40 "
Pasa	2 ' "
Uttanapada	4 ' "
Urdhva Dhanura II	2 ' "
Uttan	6 ' 30 "
Sava	9 ' 50 "

Lesson 76 Time Asana

Pranayama  
Sitali

Rhythm  
36/144/72/144

Theory  
Y.S. III 25-26

Mudra

Asana's at home

Salamba Sirsa 1

Parsva Sirsa

Parivrittaika Pada Sirsa

Time

7 ' 40 "

7 ' "

5 ' "

Mula Bandha

Dhyana  
AUM

Time  
30 '

Ekapada Sirsa 5 '  
Parsvaikapada Sirsa 5 '  
Urdhva Padma in Sirsa 5 ' 30 "  
Parsva Urdhva Padma 5 '  
Pinda in Sirsa 5 '  
Salamba Sarvanga I 9 ' 50 "  
Salamba Sarvanga II 7 '  
Niralamba Sarvanga I 7 '  
Niralamba Sarvanga II 7 '  
Hala 10 '  
Karnapida 8 ' 40 "  
Supta Kona 7 ' 50 "  
Parsva Hala 7 ' 50 "  
Ekapada Sarvanga 8 ' 30 "  
Parsvaikapada Sarvanga 7 ' 30 "  
Parsva Sarvanga 3 ' 30 "  
Setubandha Sarvanga 4 ' 50 "  
Ekapada Setubandha Sarvanga 4 ' 50 "  
Urdhva Padma in Sarvanga 4 ' 50 "  
Pinda in Sarvanga 5 ' 50 "  
Parsva Pinda in Sarvanga 5 '  
Jatara Parivartan 7 ' 30 "  
Supta Padangustha 5 '  
Ananta 3 ' 20 "  
Paschimottan 7 ' 50 "  
Parivritta Paschimottan 3 ' 20 "  
Akarna Dhanura 4 ' 50 "  
Kurma 2 ' 10 "  
Supta Kurma 2 ' 10 "  
Ekapada Sirsa 2 ' 10 "  
Skanda 1 '  
Bhujapida 2 ' 10 "  
Astavakra 1 '  
Ekahasta Bhujapida 1 '  
Dvihasta Bhujapida 1 '  
Adhomukha Vrksa 1 '  
Padma 4 ' 30 "

1 ' Skanda  
1 ' Astavakra  
1 ' Ekahasta Bhujapida  
1 ' Dvihasta Bhujapida  
1 ' Adhomukha Vrksa

Parvata	4 ' 30 "
Tola	4 ' 30 "
Simha I	4 ' 30 "
Simha II	4 ' 10 "
Matsya	5 ' 50 "
Kukkuta	5 ' "
Garbha Pinda	5 ' "
Goraksa	3'20'
Baddha Padma	5 ' "
Yoga Mudra	5 ' "
Supta Vajra	2 ' 10 "
Marichy III	6 ' 30 "
Ardha Matsyendra I	6 ' 50 "
Pasa	2 ' 10 "
Uttanapada	4 ' 10 "
Urdhva Dhanura II	2 ' 10 "
Uttan	6 ' 40 "
Sava	10 ' "

Lesson 77	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	36/144/72/144	Y.S. III 27-28	Salamba Sirsa 1	7 ' 50 "
			Mudra			Parsva Sirsa	7 ' 10 "
			Jalandhara Bandha			Parivrittaika Pada Sirsa	5 ' 10 "
						Ekapada Sirsa	5 ' 10 "
						Parsvaikapada Sirsa	5 ' 10 "
			Dhyana	Time		Urdhva Padma in Sirsa	5 ' 40 "
			AUM	30 ' "		Parsva Urdhva Padma	5 ' 10 "
						Pinda in Sirsa	5 ' 10 "
						Adhomukha Vrksa	1 ' 10 "
		Mayura				Mayura	
		Padma Mayura				Padma Mayura	
		Nakra				Nakra	
						Salamba Sarvanga I	10 ' "
						Salamba Sarvanga II	7 ' 10 "
						Niralamba Sarvanga I	7 ' 10 "
						Niralamba Sarvanga II	7 ' 10 "
						Hala	10 ' 10 "



	Karnapida	8' 50"
	Supta Kona	8'
	Parsva Hala	8'
	Ekapada Sarvanga	8' 40"
	Parsvaikapada Sarvanga	7' 40"
	Parsva Sarvanga	3' 40"
	Setubandha Sarvanga	5'
	Ekapada Setubandha Sarvanga	5'
	Urdhva Padma in Sarvanga	5'
	Pinda in Sarvanga	5'
	Parsva Pinda in Sarvanga	5' 10"
	Jatara Parivartan	7' 40"
	Supta Padangustha	5' 10"
	Ananta	3' 30"
	Uttanapada	4' 20"
Setubandha	Setubandha	
	Urdhva Dhanura II	2' 20"
	Marichy III	6' 40"
	Ardha Matsyendra I	7'
	Pasa	2' 20"
	Bhujapida	2' 20"
	Astavakra	1' 10"
Baka	Baka	
	Paschimottan	8'
	Parivritta Paschimottan	3' 30"
	Upavista Kona	1' 40"
	Akarna Dhanura	5'
	Padma	4' 40"
	Parvata	4' 40"
	Tola	4' 40"
	Simha I	4' 40"
	Simha II	4' 20"
	Matsya	6'
	Kukkuta	5' 10"
	Garbha Pinda	5' 10"
	Goraksa	3' 30"
	Baddha Padma	5' 10"

Yoga Mudra	5 ' 10 "
Supta Vajra	2 ' 20 "
Kurma	2 ' 20 "
Supta Kurma	2 ' 20 "
Ekapada Sirsa	2 ' 20 "
Skanda	1 ' 10 "
Baddha Kona	3 ' 20 "
Bheka	1 ' 10 "
Supta Vira	2 ' 20 "
Sava	10 ' 10 "

Lesson 78	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	36/144/72/144	Y.S. III 29-30	Salamba Sirsa I	8 '
			Mudra			Parsva Sirsa	7 ' 20 "
			Viparita Karani			Parivrittaika Pada Sirsa	5 ' 20 "
			Dhyana	Time		Ekapada Sirsa	5 ' 20 "
			AUM	30 '		Parsvaikapada Sirsa	5 ' 20 "
						Urdhva Padma in Sirsa	5 ' 50 "
						Parsva Urdhva Padma	5 ' 20 "
						Pinda in Sirsa	5 ' 20 "
						Adhomukha Vrksa	1 ' 20 "
	10 "	Mayura				Mayura	10 "
	10 "	Padma Mayura				Padma Mayura	10 "
	10 "	Nakra				Nakra	10 "
						Salamba Sarvanga I	10 ' 10 "
						Salamba Sarvanga II	7 ' 20 "
						Niralamba Sarvanga I	7 ' 20 "
						Niralamba Sarvanga II	7 ' 20 "
						Hala	10 ' 20 "
						Karnapida	9 '
						Supta Kona	8 ' 10 "
						Parsva Hala	8 ' 10 "
						Ekapada Sarvanga	8 ' 50 "
						Parsvaikapada Sarvanga	7 ' 50 "
						Parsva Sarvanga	3 ' 50 "
						Setubandha Sarvanga	5 ' 10 "
						Ekapada Setubandha Sarvanga	5 ' 10 "

		Urdhva Padma in Sarvanga	5 ' 10 "
		Pinda in Sarvanga	5 ' 10 "
		Parsva Pinda in Sarvanga	5 ' 10 "
		Jatara Parivartan	7 ' 50 "
		Supta Padangustha	5 ' 20 "
		Ananta	3 ' 40 "
		Uttanapada	4 ' 30 "
10 "	Setubandha	Setubandha	10 "
		Urdhva Dhanura II	2 ' 30 "
		Matichy III	6 ' 50 "
		Ardha Matsyendra I	7 ' 10 "
		Pasa	2 ' 30 "
		Bhujapida	2 ' 30 "
		Astavakra	1 ' 20 "
10 "	Baka	Baka	10 "
		Paschimottan	8 ' 10 "
		Parivritta Paschimottan	3 ' 40 "
		Upavista Kona	1 ' 50 "
		Akarna Dhanura	5 ' 10 "
		Padma	4 ' 50 "
		Parvata	4 ' 50 "
		Tola	4 ' 50 "
		Simha I	4 ' 50 "
		Simha II	4 ' 30 "
		Matsya	6 ' 10 "
		Kukkuta	5 ' 20 "
		Garbha Pinda	5 ' 20 "
		Goraksa	3 ' 40 "
		Baddha Padma	5 ' 20 "
		Yoga Mudra	5 ' 20 "
		Supta Vajra	2 ' 30 "
		Kunna	2 ' 30 "
		Supta Kurna	2 ' 30 "
		Ekapada Sirsa	2 ' 30 "
		Skanda	1 ' 20 "
		Baddha Kona	3 ' 30 "
		Bheka	1 ' 20 "

Lesson 79	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	36/144/72/144	Y.S. III 31-32	Supta Vira	2 ' 30 "
						Sava	10 ' 20 "
			Mudra			Salamba Sirsa I	8 ' 10 "
			Viparita Karani			Parsva Sirsa	7 ' 20 "
						Parivrittaika Pada Sirsa	5 ' 20 "
						Ekapada Sirsa	5 ' 20 "
						Pasvaikapada Sirsa	5 ' 20 "
			Dhyana	Time		Urdhva Padma in Sirsa	5 ' 50 "
			AUM	35 '		Parsva Urdhva Padma	5 ' 20 "
						Pinda in Sirsa	5 ' 20 "
						Adhomukha Vrksa	1 ' 20 "
	20 "	Mayura				Mayura	20 "
	20 "	Padma Mayura				Padma Mayura	20 "
	20 "	Nakra				Nakra	20 "
						Salamba Sarvanga I	10 ' 20 "
						Salamba Sarvanga II	7 ' 30 "
						Niralamba Sarvanga I	7 ' 30 "
						Niralamba Sarvanga II	7 ' 30 "
						Hala	10 ' 30 "
						Kamapida	9 ' 10 "
						Supta Kona	8 ' 20 "
						Parsva Hala	8 ' 20 "
						Ekapada Sarvanga	9 '
						Parsvaikapada Sarvanga	8 '
						Parsva Sarvanga	4 '
						Setubandha Sarvanga	5 ' 20 "
						Ekapada Setubandha Sarvanga	5 ' 20 "
						Urdhva Padma in Sarvanga	5 ' 20 "
						Pinda in Sarvanga	5 ' 20 "
						Parsva Pinda in Sarvanga	5 ' 30 "
						Jatara Parivartan	8 '
						Supta Padangustha	5 ' 30 "
						Ananta	3 ' 50 "
						Uttanapada	4 ' 40 "
	20 "	Setubandha				Setubandha	20 "

20 " Baka

Urdhva Dhanura II	2 ' 40 "
Marichy III	7 '
Ardha Matsyendra I	7 ' 20 "
Pasa	2 ' 40 "
Bhujapida	2 ' 40 "
Astavakra	1 ' 30 "
Baka	20 "
Paschimottan	8 ' 20 "
Parivritta Paschimottan	3 ' 50 "
Upavista Kona	2 '
Akarna Dhanura	5 ' 20 "
Padma	5 '
Parvata	5 '
Tola	5 '
Simha I	5 '
Simha II	4 ' 40 "
Matsya	6 ' 20 "
Kukkuta	5 ' 30 "
Garbha Pinda	5 ' 30 "
Goraksa	3 ' 50 "
Baddha Padma	5 ' 30 "
Yoga Mudra	5 ' 30 "
Supta Vajra	2 ' 40 "
Kurma	2 ' 40 "
Supta Kurma	2 ' 40 "
Ekapada Sirsa	2 ' 40 "
Skanda	1 ' 30 "
Baddha Kona	3 ' 40 "
Bheka	1 ' 30 "
Supta Vira	2 ' 40 "
Sava	10 ' 30 "

Lesson 80 Time Asana

Pranayama  
Bhramari

Rhythm  
36/144/72/144

Theory  
Y.S. III 33-34

Asana's at home

Salamba Sirsa 1

Parsva Sirsa

Parivrittaika Pada Sirsa

Ekapada Sirsa

Time

8 ' 20 "

7 ' 40 "

5 ' 40 "

5 ' 40 "

Mudra

Vajroli

	Dhyana AUM	Time 35 '		
30 "	Mayura		Parsvaikapada Sirsa	5 ' 40 "
30 "	Padma Mayura		Urdhva Padma in Sirsa	6 ' 10 "
30 "	Nakra		Parsva Urdhva Padma	5 ' 40 "
			Pinda in Sirsa	5 ' 40 "
			Adhomukha Vrksa	1 ' 40 "
			Mayura	30 "
			Padma Mayura	30 "
			Nakra	30 "
			Salamba Sarvanga I	10 ' 30 "
			Salamba Sarvanga II	7 ' 40 "
			Niralamba Sarvanga I	7 ' 40 "
			Niralamba Sarvanga II	7 ' 40 "
			Hala	10 ' 40 "
			Karnapida	9 ' 20 "
			Supta Kona	8 ' 30 "
			Parsva Hala	8 ' 30 "
			Ekapada Sarvanga	9 ' 10 "
			Parsvaikapada Sarvanga	8 ' 10 "
			Parsva Sarvanga	4 ' 10 "
			Setubandha Sarvanga	5 ' 30 "
			Ekapada Setubandha Sarvanga	5 ' 30 "
			Urdhva Padma in Sarvanga	5 ' 30 "
			Pinda in Sarvanga	5 ' 30 "
			Parsva Pinda in Sarvanga	5 ' 40 "
			Jatara Parivartan	8 ' 10 "
			Supta Padangustha	5 ' 40 "
			Ananta	4 '
			Uttanapada	4 ' 50 "
30 "	Setubandha		Setubandha	30 "
			Urdhva Dhanura II	2 ' 50 "
			Marichy III	7 ' 10 "
			Ardha Matsyendra I	7 ' 30 "
			Pasa	2 ' 50 "
			Bhujapida	2 ' 50 "
			Asatvakra	1 ' 40 "
30 "	Baka		Baka	30 "
			Paschimottan	8 ' 30 "

Parivritta Paschimottan	4'
Upavista Kona	2' 10"
Akarna Dhanura	5' 30"
Padma	5' 10"
Parvata	5' 10"
Tola	5' 10"
Simha I	5' 10"
Simha II	5'
Matsya	6' 30"
Kukkuta	5' 40"
Garbha Pinda	5' 40"
Goraksa	4'
Baddha Padma	5' 40"
Yoga Mudra	5' 40"
Supta Vajra	2' 50"
Kurma	2' 50"
Supta Kurma	2' 50"
Ekapada Sirsa	2' 50"
Skanda	1' 40"
Baddha Kona	3' 50"
Bheka	1' 40"
Supta Vira	2' 50"
Sava	10' 40"

Lesson 81	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	36/144/72/144	Savicara Samadhi Y.S. III 35-36	Salamba Sirsa I	8 ' 30 "
			Mudra			Parsva Sirsa	7 ' 50 "
			Vajroli			Parivrittaika Pada Sirsa	6 '
			Samadhi	Time		Ekapada Sirsa	5 ' 50 "
			Savicara	35 '		Parsvaikapada Sirsa	5 ' 50 "
						Urdhva Padma in Sirsa	6 ' 20 "
						Parsva Urdhva Padma	5 ' 50 "
						Pinda in Sirsa	5 ' 50 "
						Adhomukha Vrksa	1 ' 50 "
	40 "	Mayura				Mayura	40 "
	40 "	Padma Mayura				Padma Mayura	40 "
	40 "	Nakra				Nakra	40 "
						Salamba Sarvanga I	10 ' 40 "
						Salamba Sarvanga II	7 ' 50 "
						Niralamba Sarvanga I	7 ' 50 "
						Niralamba Sarvanga II	7 ' 50 "
						Hala	10 ' 50 "
						Karnapida	9 ' 30 "
						Supta Kona	8 ' 40 "
						Parsva Hala	8 ' 40 "
						Ekapada Sarvanga	9 ' 20 "
						Parsvaikapada Sarvanga	8 ' 20 "
						Parsva Sarvanga	4 ' 20 "
						Setubandha Sarvanga	5 ' 40 "
						Ekapada Setubandha Sarvanga	5 ' 40 "
						Urdhva Padma in Sarvanga	5 ' 40 "
						Pinda in Sarvanga	5 ' 40 "
						Parsva Pinda in Sarvanga	5 ' 50 '
						Jatara Parivartan	8 ' 20 "
						Supta Padangustha	5 ' 50 "
						Ananta	4 ' 10 "
						Uttanapada	5 '
	40 "	Setubandha				Setubandha	40 "
						Urdhva Dhanura II	3 '
						Marichy III	7 ' 20 "
						Ardha Matsyendra I	7 ' 40 "



40 " Baka

Pasa	3'
Bhujapida	3'
Astavakra	1' 50"
Baka	40"
Paschimottan	8' 40"
Parivritta Paschimottan	4' 10"
Upavista Kona	2' 20"
Akarna Dhanura	5' 40"
Padma	5' 20"
Parvata	5' 20"
Tola	5' 20"
Simha I	5' 20"
Simha II	5'
Matsya	6' 40"
Kukkuta	5' 50"
Garbha Pinda	5' 50"
Goraksa	4'10'
Baddha Padma	5' 50"
Yoga Mudra	5' 50"
Supta Vajra	3'
Kurma	3'
Supta Kurma	3'
Ekapada Sirsa	3'
Skanda	1' 50"
Baddha Kona	4'
Bheka	1' 50"
Supta Vira	3'
Sava	10' 50"

Lesson 82 Time Asana

Pranayama	Rhythm	Theory
Murca	36/144/72/144	Y.S. III 37-38
Mudra		
Sahajoli		
Samadhi	Time	
Savicara	35'	

Asana's at home	Time
Salamba Sirsa I	8' 40"
Parsva Sirsa	8'
Parivrittaika Pada Sirsa	6'
Ekapada Sirsa	6'
Parsvaikapada Sirsa	6'
Urdhva Padma in Sirsa	6' 30"
Parsva Urdhva Padma	6'

50 " Mayura  
50 " Padma Mayura  
50 " Nakra

50 " Setubandha

50 " Baka

Pinda in Sirsa 6 '  
Adhomukha Vrksa 2'  
Mayura 50 "  
Padma Mayura 50 "  
Nakra 50 "  
Salamba Sarvanga I 10 ' 50 "  
Salamba Sarvanga II 8 '  
Niralamba Sarvanga I 8 '  
Niralamba Sarvanga II 8 '  
Hala 11 '  
Karnapida 9 ' 40 "  
Supta Kona 8 ' 50 "  
Parsva Hala 8 ' 50 "  
Ekapada Sarvanga 9 ' 30 "  
Parsvaikapada Sarvanga 8 ' 30 "  
Parsva Sarvanga 4 ' 30 "  
Setubandha Sarvanga 5 ' 50 "  
Ekapada Setubandha Sarvanga 5 ' 50 "  
Urdhva Padma in Sarvanga 5 ' 50 "  
Pinda in Sarvanga 5 ' 50 "  
Parsva Pinda in Sarvanga 6 '  
Jatara Parivartan 8 ' 30 "  
Supta Padangustha 6 '  
Ananta 4 ' 20 "  
Uttanapada 5 ' 10 "  
Setubandha 50 "  
Urdhva Dhanura II 3 ' 10 "  
Marichy III 7 ' 30 "  
Ardha Matsyendra I 7 ' 50 "  
Pasa 3 ' 10 "  
Bhujapida 3 ' 10 "  
Astavakra 2 '  
Baka 50 "  
Paschimottan 8 ' 50 "  
Parivritta Paschimottan 4 ' 20 "  
Upavista Kona 2 ' 30 "  
Akarna Dhanura 5 ' 50 "

Padma	5 ' 30 "
Parvata	5 ' 30 "
Tola	5 ' 30 "
Simha I	5 ' 30 "
Simha II	5 '
Matsya	6 ' 50 "
Kukkuta	6 '
Garbha Pinda	6 '
Goraksa	4 ' 20 "
Baddha Padma	6 '
Yoga Mudra	6 '
Supta Vajra	3 ' 10 "
Kurma	3 ' 10 "
Supta Kurma	3 ' 10 "
Ekapada Sirsa	3 ' 10 "
Skanda	2 '
Baddha Kona	4 ' 10 "
Bheka	2 '
Supta Vira	3 ' 10 "
Sava	11 '

Lesson 83	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	36/144/72/144	Sananda Samadhi Y.S. III 39-40	Salamba Sirsa I	8 ' 50 "
			Mudra			Parsva Sirsa	8 ' 10 "
			Sahajoli			Parivrittaika Pada Sirsa	6 ' 10 "
						Ekapada Sirsa	6 ' 10 "
			Samadhi	Time		Panvaikapada Sirsa	6 ' 10 "
			Sananda	35 '		Urdhva Padma in Sirsa	6 ' 40 "
						Parsva Urdhva Padma	6 ' 10 "
						Pinda in Sirsa	6 ' 10 "
						Adhomukha Vrksa	2 ' 10 "
	1 '	Mayura				Mayura	1 '
	1 '	Padma Mayura				Padma Mayura	1 '
	1 '	Nakra				Nakra	1 '
						Salamba Sarvanga I	11 '
						Salamba Sarvanga II	8 ' 10 "
						Niralamba Sarvanga I	8 ' 10 "

		Niralamba Sarvanga II	8' 10"
		Hala	11' 10"
		Karnapida	9' 50"
		Supta Kona	9'
		Parsva Hala	9'
		Ekapada Sarvanga	9' 40"
		Parsvaikapada Sarvanga	8' 40"
		Parsva Sarvanga	4' 40"
		Setubandha Sarvanga	6'
		Ekapada Setubandha Sarvanga	6'
		Urdhva Padma in Sarvanga	6'
		Pinda in Sarvanga	6'
		Parsva Pinda in Sarvanga	6' 10"
		Jatara Parivartan	8' 40"
		Supta Padangustha	6' 10"
		Ananta	4' 30"
		Uttanapada	5' 20"
1'	Setubandha	Setubandha	1'
		Urdhva Dhanura II	3' 20"
		Marichy III	7' 40"
		Ardha Matsyendra I	8'
		Pasa	3' 20"
		Bhujapida	3' 20"
		Astavakra	2' 10"
1'	Baka	Baka	1'
		Paschimottan	9'
		Parivritta Paschimottan	4' 30"
		Upavista Kona	2' 40"
		Akarna Dhanura	6'
		Padma	5' 40"
		Parvata	5' 40"
		Tola	5' 40"
		Simha I	5' 40"
		Simha II	5' 10"
		Matsya	7'
		Kukkuta	6' 10"
		Garbha Pinda	6' 10"

Goraksa	4 ' 30 "
Baddha Padma	6 ' 10 "
Yoga Mudra	6 ' 10 "
Supta Vajra	3 ' 20 "
Kurma	3 ' 20 "
Supta Kurma	3 ' 20 "
Ekapada Sirsa	3 ' 20 "
Skanda	2 ' 10 "
Baddha Kona	4 ' 20 "
Bheka	2 ' 10 "
Supta Vira	3 ' 20 "
Sava	11 ' 10 "

Lesson 84 Time Asana

Pranayama	Rhythm	Theory	Asana's at home	Time
Plavini	36/144/72/144	Y.S. III 41-42	Salamba Sirsa I	9 '
Mudra			Parsva Sirsa	8 ' 20 "
Amaroli			Parivrittaika Pada Sirsa	6 ' 20 "
			Ekapada Sirsa	6 ' 20 "
Samadhi	Time		Panvaikapada Sirsa	6 ' 20 "
Sananda	35 '		Urdhva Padma in Sirsa	6 ' 50 "
			Parsva Urdhva Padma	6 ' 20 "
			Pinda in Sirsa	6 ' 20 "
			Adhomukha Vrksa	2 ' 20 "
			Mayura	1 ' 10 "
			Padma Mayura	1 ' 10 "
			Nakra	1 ' 10 "
			Salamba Sarvanga I	11 ' 10 "
			Salamba Sarvanga II	8 ' 20 "
			Niralamba Sarvanga I	8 ' 20 "
			Niralamba Sarvanga II	8 ' 20 "
			Hala	11 ' 20 "
			Karnapida	10 '
			Supta Kona	9 ' 10 "
			Parsva Hala	9 ' 10 "
			Ekapada Sarvanga	9 ' 50 "
			Parsvaikapada Sarvanga	8 ' 50 "
			Parsva Sarvanga	4 ' 50 "

Ekapada Urdhva Dhanurasana

Setubandha Sarvanga	6' 10"
Ekapada Setubandha Sarvanga	6' 10"
Urdhva Padma in Sarvanga	6' 10"
Pinda in Sarvanga	6' 10"
Parsva Pinda in Sarvanga	6' 20"
Jatara Parivartan	8' 50"
Supta Padangustha	6' 20"
Ananta	4' 40"
Uttanapada	5' 30"
Setubandha	1' 10"
Urdhva Dhanura II	3' 30"
Ekapada Urdhva Dhanurasana	
Marichy III	7' 50"
Ardha Matsyendra I	8' 10"
Pasa	3' 30"
Bhujapida	3' 30"
Astavakra	2' 20"
Baka	1' 10"
Paschimottan	9' 10"
Parivritta Paschimottan	4' 40"
Upavista Kona	2' 50"
Akarna Dhanura	6' 10"
Padma	5' 50"
Parvata	5' 50"
Tola	5' 50"
Simha I	5' 50"
Simha II	5' 20"
Matsya	7' 10"
Kukkuta	6' 20"
Garbha Pinda	6' 20"
Goraksa	4' 40"
Baddha Padma	6' 20"
Yoga Mudra	6' 20"
Supta Vajra	3' 30"
Kurma	3' 30"
Supta Kurma	3' 30"
Ekapada Sirsa	3' 30"

		Skanda	2 ' 20 "
		Baddha Kona	4 ' 30 "
		Bheka	2 ' 20 "
		Supta Vira	3 ' 30 "
		Sava	11 ' 20 "
3 '	Tada	Tada	3 '
3 '	Vrksa	Vrksa	3 '
3 '	Utthita Trikona	Utthita Trikona	3 '
3 '	Utthita Parsvakona	Utthita Parsvakona	3 '

Lesson 85	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	40/120/80/120	Sasmita Samadhi Y.S. III 43-44	Salamba Sirsa I	9 ' 10"
			Mudra			Parsva Sirsa	8 ' 30 "
			Amaroli			Parivrittaika Pada Sirsa	6 ' 30 "
						Ekapada Sirsa	6 ' 30 "
			Samadhi	Time		Panvaikapada Sirsa	6 ' 30 "
			Sasmita	35 '		Urdhva Padma in Sirsa	7 '
						Parsva Urdhva Padma	6 ' 30 "
						Pinda in Sirsa	6 ' 30 "
						Adhomukha Vrksa	2 ' 30 "
						Mayura	1 ' 20 "
						Padma Mayura	1 ' 20 "
						Nakra	1 ' 20 "
						Salamba Sarvanga I	11 ' 20 "
						Salamba Sarvanga II	8 ' 30 "
						Niralamba Sarvanga I	8 ' 30 "
						Niralamba Sarvanga II	8 ' 30 "
						Hala	11 ' 30 "
						Karnapida	10 ' 10 "
						Supta Kona	9 ' 20 "
						Parsva Hala	9 ' 20 "
						Ekapada Sarvanga	10 '
						Parsvaikapada Sarvanga	9 '
						Parsva Sarvanga	5 '
						Setubandha Sarvanga	6 ' 20 "
						Ekapada Setubandha Sarvanga	6 ' 20 "
						Urdhva Padma in Sarvanga	6 ' 20 "

10 " Ekapada Urdhva Dhanurasana

Pinda in Sarvanga	6 ' 20 "
Parsva Pinda in Sarvanga	6 ' 30 "
Jatara Parivartan	9 '
Supta Padangustha	6 ' 30 "
Ananta	4 ' 50 "
Uttanapada	5 ' 40 "
Setubandha	1 ' 20 "
Urdhva Dhanura II	3 ' 40 "
Ekapada Urdhva Dhanurasana	10 "
Marichy III	8 '
Ardha Matsyendra I	8 ' 20 "
Pasa	3 ' 40 "
Bhujapida	3 ' 40 "
Astavakra	2 ' 30 "
Baka	1 ' 20 "
Paschimottan	9 ' 20 "
Parivritta Paschimottan	4 ' 50 "
Upavista Kona	3 '
Akarna Dhanura	6 ' 20 "
Padma	6 '
Parvata	6 '
Tola	6 '
Simha I	6 '
Simha II	5 ' 30 "
Matsya	7 ' 20 "
Kukkuta	6 ' 30 "
Garbha Pinda	6 ' 30 "
Goraksa	4 ' 50 "
Baddha Padma	6 ' 30 "
Yoga Mudra	6 ' 30 "
Supta Vajra	3 ' 40 "
Kurma	3 ' 40 "
Supta Kurma	3 ' 40 "
Ekapada Sirsa	3 ' 40 "
Skanda	2 ' 30 "
Baddha Kona	4 ' 40 "
Bheka	2 ' 30 "



3 ' 10 "	Tada
3 ' 10 "	Vrksa
3 ' 10 "	Utthita Trikona
3 ' 10 "	Utthita Parsvakona

Supta Vira	3 ' 40 "
Sava	11 ' 30 "
Tada	3 ' 10 "
Vrksa	3 ' 10 "
Utthita Trikona	3 ' 10 "
Utthita Parsvakona	3 ' 10 "

Lesson 86	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	40/120/80/120	Y.S. III 45-47	Salamba Sirsa I	9 ' 20"
			Mudra			Parsva Sirsa	8 ' 40 "
			Sakti Calana			Parivrittaika Pada Sirsa	6 ' 40 "
			Samadhi	Time		Ekapada Sirsa	6 ' 40 "
			Sasmita	35 '		Parsvaikapada Sirsa	6 ' 40 "
						Urdhva Padma in Sirsa	7 ' 10 "
						Parsva Urdhva Padma	6 ' 40 "
						Pinda in Sirsa	6 ' 40 "
						Adhomukha Vrksa	2 ' 40 "
						Mayura	1 ' 30 "
						Padma Mayura	1 ' 30 "
						Nakra	1 ' 30 "
						Salamba Sarvanga I	11 ' 30 "
						Salamba Sarvanga II	8 ' 40 "
						Niralamba Sarvanga I	8 ' 40 "
						Niralamba Sarvanga II	8 ' 40 "
						Hala	11 ' 40 "
						Karnapida	10 ' 20 "
						Supta Kona	9 ' 30 "
						Parsva Hala	9 ' 30 "
						Ekapada Sarvanga	10 ' 10 "
						Parsvaikapada Sarvanga	9 ' 10 "
						Parsva Sarvanga	5 ' 10 "
						Setubandha Sarvanga	6 ' 30 "
						Ekapada Setubandha Sarvanga	6 ' 30 "
						Urdhva Padma in Sarvanga	6 ' 30 "
						Pinda in Sarvanga	6 ' 30 "
						Parsva Pinda in Sarvanga	6 ' 40 "
						Jatara Parivartan	9 ' 10 "

20 " Ekapada Urdhva Dhanurasana

Supta Padangustha	6 ' 40 "
Ananta	5 '
Uttanapada	5 ' 50 "
Setubandha	1 ' 30 "
Urdhva Dhanura II	3 ' 50 "
Ekapada Urdhva Dhanurasana	20 "
Marichy III	8 ' 10 "
Ardha Matsyendra I	8 ' 10 "
Pasa	3 ' 50 "
Bhujapida	3 ' 50 "
Astavakra	2 ' 40 "
Baka	1 ' 30 "
Paschimottan	9 ' 30 "
Parivritta Paschimottan	5 '
Upavista Kona	3 ' 10 "
Akarna Dhanura	6 ' 30 "
Padma	6 ' 10 "
Parvata	6 ' 10 "
Tola	6 ' 10 "
Simha I	6 ' 10 "
Simha II	5 ' 40 "
Matsya	7 ' 30 "
Kukkuta	6 ' 40 "
Garbha Pinda	6 ' 40 "
Goraksa	5 '
Baddha Padma	6 ' 40 "
Yoga Mudra	6 ' 40 "
Supta Vajra	3 ' 50 "
Kurma	3 ' 50 "
Supta Kurma	3 ' 50 "
Ekapada Sirsa	3 ' 50 "
Skanda	2 ' 40 "
Baddha Kona	4 ' 50 "
Bheka	2 ' 40 "
Supta Vira	3 ' 50 "
Sava	11 ' 40 "
Tada	3 ' 20 "

3 ' 20 " Tada

	3 ' 20 "	Vrksa				Vrksa	3 ' 20 "
	3 ' 20 "	Utthita Trikona				Utthita Trikona	3 ' 20 "
	3 ' 20 "	Utthita Parsvakona				Utthita Parsvakona	3 ' 20 "
Lesson 87	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	30 "	Ekapada Urdhva Dhanurasana	Ujjayi	40/120/80/120	Savitarka Samadhi Y.S. III 48-49	Ekapada Urdhva Dhanurasana	30 "
			Mudra			Mayura	1 ' 40 "
			Sakti Calana			Padma Mayura	1 ' 40 "
	3 '	Virabhadra I	Samadhi	Time		Nakra	1 ' 40 "
	3 '	Virabhadra II	Savitarka	35 '		Baka	1 ' 40 "
	3 '	Parsvottan				Virabhadra I	3 '
	11 ' 40 "	Salamba Sarvanga I				Virabhadra II	3 '
						Parsvottan	3 '
						Salamba Sarvanga I	11 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 88	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	40 "	Ekapada Urdhva Dhanurasana	Ujjayi	40/120/80/120	Y.S. III 50-51	Ekapada Urdhva Dhanurasana	40 "
			Mudra			Mayura	1 ' 50 "
			Maha			Padma Mayura	1 ' 50 "
	3 ' 10 "	Virabhadra I	Samadhi	Time		Nakra	1 ' 50 "
	3 ' 10 "	Virabhadra II	Savitarka	35 '		Baka	1 ' 50 "
	3 ' 10 "	Parsvottan				Virabhadra I	3 ' 10 "
	11 ' 50 "	Salamba Sarvanga I				Virabhadra II	3 ' 10 "
						Parsvottan	3 ' 10 "
						Salamba Sarvanga I	11 ' 50 "
						Choose 10 Asana's you need / day	
Lesson 89	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	50 "	Ekapada Urdhva Dhanurasana	Sitkari	40/120/80/120	Y.S. III 52-54	Ekapada Urdhva Dhanurasana	50 "
			Mudra			Mayura	2 '
			Maha			Padma Mayura	2 '
	3 ' 20 "	Virabhadra I	Samadhi	Time		Nakra	2 '
	3 ' 20 "	Virabhadra II	Savicara	35 '		Baka	2 '
	3 ' 20 "	Parsvottan				Virabhadra I	3 ' 20 "
						Virabhadra II	3 ' 20 "
						Parsvottan	3 ' 20 "

	12 '	Salamba Sarvanga I				Salamba Sarvanga I	12 '
						Choose 10 Asana's you need / day	
Lesson 90	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 '	Ekapada Urdhva Dhanurasana	Sitkari	40/120/80/120	Y.S. III 55-56	Ekapada Urdhva Dhanurasana	1 '
			Mudra			Mayura	2 ' 10 "
			Maha Bandha			Padma Mayura	2 ' 10 "
	11 ' 50 "	Hala	Samadhi	Time		Nakra	2 ' 10 "
	11 ' 50 "	Sava	Savicara	35 '		Baka	2 ' 10 "
	2 ' 40 "	Parivritta Trikona				Hala	11 ' 50 "
	2 ' 20 "	Urdhva Prasarita Pada				Sava	11 ' 50 "
						Parivritta Trikona	2 ' 40 "
						Urdhva Prasarita Pada	2 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 90	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	40/120/80/120	Y.S. IV 1-3	Ekapada Urdhva Dhanurasana	1 ' 10 "
			Mudra			Mayura	2 ' 20 "
			Maha Bandha			Padma Mayura	2 ' 20 "
	12 '	Hala	Samadhi	Time		Nakra	2 ' 20 "
	12 '	Sava	Sananda	35 '		Baka	2 ' 20 "
	2 ' 50 "	Parivritta Trikona				Hala	12 '
	3 '	Urdhva Prasarita Pada				Sava	12 '
	3 '	Virabhadra I				Parivritta Trikona	2 ' 50 "
						Urdhva Prasarita Pada	3 '
						Virabhadra I	3 '
						Choose 10 Asana's you need / day	
Lesson 91	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	40/120/80/120	Y.S. IV 7-11	Ekapada Urdhva Dhanurasana	1 ' 20 "
			Mudra			Mayura	2 ' 30 "
			Maha Vedha			Padma Mayura	2 ' 30 "
	12 ' 10 "	Hala	Samadhi	Time		Nakra	2 ' 30 "
	12 ' 10 "	Sava	Sananda	35 '		Baka	2 ' 30 "
	3 '	Parivritta Trikona				Hala	12 ' 10 "
						Sava	12 ' 10 "
						Parivritta Trikona	3 '

3 ' 10 " Urdhva Prasarita Pada  
3 ' 10 " Virabhadra I

Urdhva Prasarita Pada 3 ' 10 "  
Virabhadra I 3 ' 10 "  
Choose 10 Asana's you need / day

Lesson 92	Time	Asana	Pranayama Bhastrika	Rhythm 40/120/80/120	Theory Y.S. IV 12-16	Asana's at home	Time
			Mudra Maha Vedha			Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	1 ' 30 " 2 ' 40 " 2 ' 40 " 2 ' 40 " 2 ' 40 "
	2 ' 30 "	Paripurna Nava	Samadhi	Time		Paripurna Nava	2 ' 30 "
	2 ' 30 "	Ardha Nava	Sasmita	35 '		Ardha Nava	2 ' 30 "
	3 ' 20 "	Virabhadra I				Virabhadra I	3 ' 20 "
	3 '	Virabhadra II				Virabhadra II	3 '
	1 ' 50 "	Virabhadrasana III				Virabhadrasana III	1 ' 50 "
						Choose 10 Asana's you need / day	

Lesson 93	Time	Asana	Pranayama Bhastrika	Rhythm 40/120/80/120	Theory Y.S. IV 17-18	Asana's at home	Time
			Mudra Khecari			Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	1 ' 40 " 2 ' 50 " 2 ' 50 " 2 ' 50 " 2 ' 50 "
	2 ' 40 "	Paripurna Nava	Samadhi	Time		Paripurna Nava	2 ' 40 "
	2 ' 40 "	Ardha Nava	Sasmita	35 '		Ardha Nava	2 ' 40 "
	3 ' 10 "	Virabhadra II				Virabhadra I	3 ' 30 "
	2 '	Virabhadrasana III				Virabhadra II	3 ' 10 "
	3 '	Parsvottan				Virabhadrasana III	2 '
						Parsvottan	3 '
						Choose 10 Asana's you need / day	

Lesson 94	Time	Asana	Pranayama Bhramari	Rhythm 40/120/80/120	Theory Y.S. IV 19-21	Asana's at home	Time
			Mudra Khecari			Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	2 ' 3 ' 3 ' 3 ' 3 '

	2 ' 50 "	Paripurna Nava	Samadhi	Time		Paripurna Nava	2 ' 50 "
	2 ' 50 "	Ardha Nava	Savitarka	40 '		Ardha Nava	2 ' 50 "
	3 ' 20 "	Virabhadra II				Virabhadra II	3 ' 20 "
	2 ' 10 "	Virabhadrasana III				Virabhadrasana III	2 ' 10 "
	2 '	Ardha Chandra				Ardha Chandra	2 '
						Choose 10 Asana's you need / day	
Lesson 95	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	40/120/80/120	Y.S. IV 22-23	Ekapada Urdhva Dhanurasana	2 ' 10 "
			Mudra			Paripurna Nava	3 '
			Uddiyana Bandha			Ardha Nava	3 '
	2 ' 10 "	Ardha Chandra				Virabhadrasana III	2 ' 20 "
	3 ' 20 "	Parsvottan	Samadhi	Time		Ardha Chandra	2 ' 10 "
	3 '	Prasarita Padottan I	Savitarka	40 '		Parsvottan	3 ' 20 "
	2 '	Prasarita Padottan II				Prasarita Padottan I	3 '
	1 ' 30 "	Parivritta Parsvakona				Prasarita Padottan II	2 '
						Parivritta Parsvakona	1 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 96	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	40/120/80/120	Y.S. IV 24-26	Ekapada Urdhva Dhanurasana	2 ' 20 "
	2 ' 20 "	Ardha Chandra	Mudra			Virabhadrasana III	2 ' 30 "
	3 ' 30 "	Parsvottan	Uddiyana Bandha			Ardha Chandra	2 ' 20 "
	3 ' 10 "	Prasarita Padottan I				Parsvottan	3 ' 30 "
	2 ' 10 "	Prasarita Padottan II	Samadhi	Time		Prasarita Padottan I	3 ' 10 "
	1 ' 40 "	Parivritta Parsvakona	Savicara	40 '		Prasarita Padottan II	2 ' 10 "
						Parivritta Parsvakona	1 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 97	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	40/120/80/120	Y.S. IV 27-28	Ekapada Urdhva Dhanurasana	2 ' 30 "
			Mudra			Virabhadrasana III	2 ' 40 "
			Mula Bandha			Ardha Chandra	2 ' 30 "
	3 ' 20 "	Prasarita Padottan I				Prasarita Padottan I	3 ' 20 "
	2 ' 20 "	Prasarita Padottan II				Prasarita Padottan II	2 ' 20 "
	1 ' 50 "	Parivritta Parsvakona	Samadhi	Time		Parivritta Parsvakona	1 ' 50 "
	1 ' 40 "	Parigha	Savicara	40 '		Parigha	1 ' 40 "

	10 ' 30 "	Karnapida				Karnapida	10 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 98	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	40/120/80/120	Y.S. IV 29-30	Ekapada Urdhva Dhanurasana	2 ' 40 "
			Mudra			Virabhadrasana III	2 ' 50 "
			Mula Bandha			Ardha Chandra	2 ' 40 "
	1 ' 50 "	Parigha	Samadhi	Time		Prasarita Padottan II	2 ' 30 "
	10 ' 40 "	Karnapida	Sananda	40 '		Parivritta Parsvakona	2 '
	10 ' 20 "	Ekapada Sarvanga				Parigha	1 ' 50 "
						Karnapida	10 ' 40 "
						Ekapada Sarvanga	10 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 99	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	40/120/80/120	Y.S. IV 31-32	Ekapada Urdhva Dhanurasana	2 ' 50 "
			Mudra			Virabhadrasana III	3 '
			Jalandhara Bandha			Ardha Chandra	2 ' 50 "
	2 '	Parigha	Samadhi	Time		Prasarita Padottan II	2 ' 40 "
	10 ' 50 "	Karnapida	Sananda	40 '		Parivritta Parsvakona	2 ' 10 "
	10 ' 30 "	Ekapada Sarvanga				Parigha	2 '
						Karnapida	10 ' 50 "
						Ekapada Sarvanga	10 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 100	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	44/176/88/176	Y.S. IV 33-34	Ekapada Urdhva Dhanurasana	3 '
			Mudra			Ardha Chandra	3 '
			Jalandhara Bandha			Prasarita Padottan II	2 ' 50 "
	10 ' 40 "	Ekapada Sarvanga	Samadhi	Time		Parivritta Parsvakona	2 ' 20 "
	9 ' 20 "	Jatara Parivartan	Sasmita	40 '		Parigha	2 ' 10 "
						Ekapada Sarvanga	10 ' 40 "
						Jatara Parivartan	9 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 101	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	44/176/88/176	H.Y.P. III 120-130	Prasarita Padottan II	3 '

						Parivritta Parsvakona	2 ' 30 "
						Parigha	2 ' 20 "
	9 ' 30 "	Jatara Parivartan	Mudra			Jatara Parivartan	9 ' 30 "
	9 ' 30 "	Salamba Sirsa I	Viparita Karani			Salamba Sirsa I	9 ' 30 "
			Samadhi	Time		Choose 10 Asana's you need / day	
			Sasmita	40 '			
Lesson 102	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	44/176/88/176	H.Y.P. IV 1-4	Parivritta Parsvakona	2 ' 40 "
	9 ' 40 "	Jatara Parivartan	Mudra			Parigha	2 ' 30 "
	9 ' 40 "	Salamba Sirsa I	Viparita Karani			Jatara Parivartan	9 ' 40 "
						Salamba Sirsa I	9 ' 40 "
			Samadhi	Time		Choose 10 Asana's you need / day	
			Savitarka	40 '			
Lesson 103	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	44/176/88/176	H.Y.P. IV 5-9	Parivritta Parsvakona	2 ' 50 "
	9 ' 50 "	Salamba Sirsa I	Mudra			Parigha	2 ' 40 "
	4 ' 50 "	Uttan	Vajroli			Salamba Sirsa I	9 ' 50 "
	5 ' 10 "	Salabha				Uttan	4 ' 50 "
			Samadhi	Time		Salabha	5 ' 10 "
			Savitarka	40 '		Choose 10 Asana's you need / day	
Lesson 104	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	44/176/88/176	Nirvicara Samadhi	Parivritta Parsvakona	3 '
	5 '	Uttan	Mudra		H.Y.P. IV 10-15	Parigha	2 ' 50 "
	5 ' 20 "	Salabha	Vajroli			Uttan	5 '
	5 ' 10 "	Dhanura				Salabha	5 ' 20 "
			Samadhi	Time		Dhanura	5 ' 10 "
			Nirvicara	40 '		Choose 10 Asana's you need / day	
Lesson 105	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	44/176/88/176	H.Y.P. IV 16-20	Parigha	3 '
	5 ' 10 "	Uttan				Uttan	5 ' 10 "



	5 ' 30 "	Salabha		Mudra		Salabha	5 ' 30 "
	5 ' 20 "	Dhanura		Sahajoli		Dhanura	5 ' 20 "
						Choose 10 Asana's you need / day	
				Samadhi	Time		
				Nirvicara	40 '		
Lesson 106	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	5 ' 30 "	Dhanura	Sitali	44/176/88/176	Nirananda Samadhi	Dhanura	5 ' 30 "
	1 ' 40 "	Bhujang I			H.Y.P. IV 21-26	Bhujang I	1 ' 40 "
	1 ' 50 "	Supta Kona	Mudra			Supta Kona	1 ' 50 "
			Sahajoli			Choose 10 Asana's you need / day	
				Samadhi	Time		
				Nirananda	40 '		
Lesson 107	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 ' 50 "	Bhujang I	Sitali	44/176/88/176	H.Y.P. IV 27-31	Bhujang I	1 ' 50 "
	2 '	Supta Kona				Supta Kona	2 '
	9 ' 40 "	Parsva Hala	Mudra			Parsva Hala	9 ' 40 "
			Amaroli			Choose 10 Asana's you need / day	
				Samadhi	Time		
				Nirananda	40 '		
Lesson 108	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	2 '	Bhujang I	Bhastrika	44/176/88/176	Nirasmita Samadhi	Bhujang I	2 '
	2 ' 10 "	Supta Kona			H.Y.P. IV 32-35	Supta Kona	2 ' 10 "
	9 ' 50 "	Parsva Hala	Mudra			Parsva Hala	9 ' 50 "
			Sakti Calana			Choose 10 Asana's you need / day	
				Samadhi	Time		
				Nirasmita	40 '		
Lesson 109	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	44/176/88/176	H.Y.P. IV 36-39	Bhujang I	2 ' 10 "
						Supta Kona	2 ' 20 "
	10 '	Parsva Hala	Mudra			Parsva Hala	10 '

Sakti Calana

Choose 10 Asana's you need / day

Samadhi  
Nirasmita  
Time  
40'

Lesson 110 Time Asana  
3' 40" Janusirsa  
40" Danda  
9' 10" Paschimottan

Pranayama  
Bhramari  
Rhythm  
44/176/88/176  
Theory  
Nirvitarka Samadhi  
H.Y.P. IV 40-42  
Mudra  
Maha

Asana's at home  
Bhujang I  
Supta Kona  
Janusirsa  
Danda  
Paschimottan  
Time  
2' 20"  
2' 30"  
3' 40"  
40"  
9' 10"

Samadhi  
Nirvitarka  
Time  
45'

Choose 10 Asana's you need / day

Lesson 111 Time Asana  
3' 50" Janusirsa  
50" Danda  
9' 20" Paschimottan

Pranayama  
Bhramari  
Rhythm  
44/176/88/176  
Theory  
H.Y.P. IV 43-48  
Mudra  
Maha

Asana's at home  
Bhujang I  
Supta Kona  
Janusirsa  
Danda  
Paschimottan  
Time  
2' 30"  
2' 40"  
3' 50"  
50"  
9' 20"

Samadhi  
Nirvitarka  
Time  
45'

Choose 10 Asana's you need / day

Lesson 112 Time Asana  
4' Janusirsa  
1' Danda  
9' 30" Paschimottan

Pranayama  
Murca  
Rhythm  
44/176/88/176  
Theory  
Asamprajnata  
Samadhi  
H.Y.P. IV 49-53  
Mudra  
Maha Bandha

Asana's at home  
Bhujang I  
Supta Kona  
Janusirsa  
Danda  
Paschimottan  
Time  
2' 40"  
2' 50"  
4'  
1'  
9' 30"

Samadhi  
Asamprajnata  
Time  
45'

Choose 10 Asana's you need / day

Lesson 113 Time Asana  
3' 30" Urdhva Prasarita Pada

Pranayama  
Murca  
Rhythm  
44/176/88/176  
Theory  
H.Y.P. IV 54-59  
Mudra  
Maha Bandha

Asana's at home  
Bhujang I  
Supta Kona  
Danda  
Urdhva Prasarita Pada  
Time  
2' 50"  
3'  
1' 10"  
3' 30"

	2 ' 30 "	Utkata				Utkata	2 ' 30 "
	3 ' 20 "	Ustra	Samadhi	Time		Ustra	3 ' 20 "
	2 ' 30 "	Chaturanga Danda	Asamprajnata	45 '		Chaturanga Danda	2 ' 30 "
	2 ' 30 "	Adho Mukha Svana				Adho Mukha Svana	2 ' 30 "
	2 ' 30 "	Urdhva Mukha Svana				Urdhva Mukha Svana	2 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 114	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	44/176/88/176	H.Y.P. IV 60-64	Bhujang I	3 '
	3 ' 40 "	Urdhva Prasarita Pada	Mudra			Danda	1 ' 10 "
	2 ' 40 "	Utkata	Maha Vedha			Urdhva Prasarita Pada	3 ' 40 "
	3 ' 30 "	Ustra				Utkata	2 ' 40 "
	2 ' 40 "	Chaturanga Danda	Samadhi	Time		Ustra	3 ' 30 "
	2 ' 40 "	Adho Mukha Svana	Nirvicara	45 '		Chaturanga Danda	2 ' 40 "
	2 ' 40 "	Urdhva Mukha Svana				Adho Mukha Svana	2 ' 40 "
						Urdhva Mukha Svana	2 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 115	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	44/176/88/176	H.Y.P. IV 65-69	Danda	1 ' 20 "
	3 ' 50 "	Urdhva Prasarita Pada	Mudra			Urdhva Prasarita Pada	3 ' 50 "
	2 ' 50 "	Utkata	Maha Vedha			Utkata	2 ' 50 "
	3 ' 40 "	Ustra				Ustra	3 ' 40 "
	2 ' 50 "	Chaturanga Danda				Chaturanga Danda	2 ' 50 "
	2 ' 50 "	Adho Mukha Svana	Samadhi	Time		Adho Mukha Svana	2 ' 50 "
	2 ' 50 "	Urdhva Mukha Svana	Nirvicara	45 '		Urdhva Mukha Svana	2 ' 50 "
						Choose 10 Asana's you need / day	
Lesson 116	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	48/192/96/192	H.Y.P. IV 65-73	Danda	1 ' 30 "
			Mudra			Utkata	3 '
			Khecari			Chaturanga Danda	3 '
						Adho Mukha Svana	3 '
						Urdhva Mukha Svana	3 '
	3 ' 20 "	Vira	Samadhi	Time		Vira	3 ' 20 "
	9 ' 20 "	Parsvaikapada Sarvanga	Nirananda	45 '		Parsvaikapada Sarvanga	9 ' 20 "
						Choose 10 Asana's you need / day	

Lesson 117	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	3 ' 30 "	Vira	Surya	48/192/96/192	H.Y.P. IV 74-81	Danda	1 ' 40 "
	9 ' 30 "	Parsvaikapada Sarvanga	Mudra			Vira	3 ' 30 "
			Khecari			Parsvaikapada Sarvanga	9 ' 30 "
						Choose 10 Asana's you need / day	
			Samadhi	Time			
			Nirananda	45 '			
Lesson 118	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	3 ' 40 "	Vira	Ujjayi	48/192/96/192	H.Y.P. IV 82-93	Danda	1 ' 50 "
	9 ' 40 "	Parsvaikapada Sarvanga	Mudra			Vira	3 ' 40 "
			Uddiyana Bandha			Parsvaikapada Sarvanga	9 ' 40 "
						Choose 10 Asana's you need / day	
			Samadhi	Time			
			Nirasmita	45 '			
Lesson 119	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 ' 10 "	Purvottan	Ujjayi	48/192/96/192	H.Y.P. IV 94-102	Danda	2 '
	1 ' 10 "	Siddha	Mudra			Purvottan	1 ' 10 "
	8 ' 50 "	Parsva Sirsa	Uddiyana Bandha			Siddha	1 ' 10 "
						Parsva Sirsa	8 ' 50 "
						Choose 10 Asana's you need / day	
			Samadhi	Time			
			Nirasmita	45 '			
Lesson 120	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	1 ' 20 "	Purvottan	Sitkari	48/192/96/192	H.Y.P. IV 103-114	Danda	2 ' 10 "
	1 ' 20 "	Siddha	Mudra			Purvottan	1 ' 20 "
	9 '	Parsva Sirsa	Mula Bandha			Siddha	1 ' 20 "
						Parsva Sirsa	9 '
						Choose 10 Asana's you need / day	
			Samadhi	Time			
			Nirvitarka	45 '			

















































## Lessons scheme of the MASTERS TRAINING COURSE

13 feb 04

Lesson	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
Lesson 1			Sitkari	48/192/96/192	A part of	Danda	2 ' 20 "
	1 ' 30 "	Purvottan			A treatise on	Purvottan	1 ' 30 "
	1 ' 30 "	Siddha	Mudra		White Magic	Siddha	1 ' 30 "
	9 ' 10 "	Parsva Sirsa		Mula Bandha	Each lesson	Parsva Sirsa	9 ' 10 "
			Samadhi	Time			
			Nirvitarka	45 '		Choose 10 Asana's you need / day	
Lesson 2			Sitali	48/192/96/192		Danda	2 ' 30 "
	6 ' 50 "	Ekapada Sirsa				Ekapada Sirsa	6 ' 50 "
	8 ' 50 "	Salamba Sarvanga II	Mudra			Salamba Sarvanga II	8 ' 50 "
			Jalandhara Bandha			Choose 10 Asana's you need / day	
			Samadhi	Time			
			Asamprajnata	45 '			
Lesson 3			Sitali	48/192/96/192		Danda	2 ' 40 "
	7 '	Ekapada Sirsa				Ekapada Sirsa	7 '
	9 '	Salamba Sarvanga II	Mudra			Salamba Sarvanga II	9 '
			Jalandhara Bandha			Choose 10 Asana's you need / day	
			Samadhi	Time			
			Asamprajnata	45 '			
Lesson 4			Bhastrika	48/192/96/192	Nirbija Samadhi	Danda	2 ' 50 "
	7 ' 10 "	Ekapada Sirsa				Ekapada Sirsa	7 ' 10 "
	9 ' 10 "	Salamba Sarvanga II	Mudra			Salamba Sarvanga II	9 ' 10 "
			Viparita Karani			Choose 10 Asana's you need / day	
			Samadhi	Time			
			Nirbija	45 '			

Lesson 5	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	8 ' 50 "	Niralamba Sarvanga I	Bhastrika	48/192/96/192		Danda	3 '
	8 ' 50 "	Niralamba Sarvanga II	Mudra			Niralamba Sarvanga I	8 ' 50 "
			Vajroli			Niralamba Sarvanga II	8 ' 50 "
			Samadhi	Time		Choose 10 Asana's you need / day	
			Nirbija	45 '			
Lesson 6	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	9 '	Niralamba Sarvanga I	Bhramari	48/192/96/192		Niralamba Sarvanga I	9 '
	9 '	Niralamba Sarvanga II	Mudra			Niralamba Sarvanga II	9 '
			Vajroli			Choose 10 Asana's you need / day	
			Samyama	Time			
			Parinama's	50 '	Y.S. III 16		
Lesson 7	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	9 ' 10 "	Niralamba Sarvanga I	Bhramari	48/192/96/192		Niralamba Sarvanga I	9 ' 10 "
	9 ' 10 "	Niralamba Sarvanga II	Mudra			Niralamba Sarvanga II	9 ' 10 "
			Sahajoli			Choose 10 Asana's you need / day	
			Samyama	Time			
			Parinama's	50 '			
Lesson 8	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	2 '	Chakra	Murca	48/192/96/192		Chakra	2 '
	2 ' 50 "	Triangmukhaikapada Paschimottan	Mudra			Triangmukhaikapada Paschimottan	2 ' 50 "
	4 '	Ardha Baddha Padma Paschimottan	Sahajoli			Ardha Baddha Padma Paschimottan	4 '
			Samyama	Time		Choose 10 Asana's you need / day	
			Sabdartha	50 '	Y.S. III 17		

Lesson 9	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	2 ' 10 "	Chakra	Murca	48/192/96/192		Chakra	2 ' 10 "
	3 '	Triangmukhaikapada Paschimottan				Triangmukhaikapada Paschimottan	3 '
	4 ' 10 "	Ardha Baddha Padma Paschimottan	Mudra Amaroli			Ardha Baddha Padma Paschimottan	4 ' 10 "
			Samyama Sabdartha	Time 50 '			
Lesson 10	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	2 ' 20 "	Chakra	Plavini	48/192/96/192		Chakra	2 ' 20 "
	3 ' 10 "	Triangmukhaikapada Paschimottan				Triangmukhaikapada Paschimottan	3 ' 10 "
	4 ' 20 "	Ardha Baddha Padma Paschimottan	Mudra Amaroli			Ardha Baddha Padma Paschimottan	4 ' 20 "
			Samyama Samskara	Time 50 '	Y.S. III 18		
Lesson 11	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	4 '	Marichy I	Plavini	48/192/96/192		Chakra	2 ' 30 "
	1 ' 10 "	Marichy II	Mudra			Marichy I	4 '
	1 ' 10 "	Ubhaya Padangustha	Sakti Calana			Marichy II	1 ' 10 "
	2 '	Urdhva Mukha Paschimottan I				Ubhaya Padangustha	1 ' 10 "
	1 ' 10 "	Bharadwaja I	Samyama	Time		Urdhva Mukha Paschimottan I	2 '
	1 ' 10 "	Bharadwaja II	Samskara	50 '		Bharadwaja I	1 ' 10 "
					Bharadwaja II	1 ' 10 "	
					Choose 10 Asana's you need / day		
Lesson 12	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	4 ' 10 "	Marichy I	Surya	52/208/104/208		Chakra	2 ' 40 "
	1 ' 20 "	Marichy II	Mudra			Marichy I	4 ' 10 "
	1 ' 20 "	Ubhaya Padangustha	Sakti Calana			Marichy II	1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I				Ubhaya Padangustha	1 ' 20 "
	1 ' 20 "	Bharadwaja I	Samyama	Time		Urdhva Mukha Paschimottan I	2 ' 10 "
	1 ' 20 "	Bharadwaja II	Pratyaya	50 '		Bharadwaja I	1 ' 20 "
					Bharadwaja II	1 ' 20 "	
					Choose 10 Asana's you need / day		

Lesson 13	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	52/208/104/208		Chakra	2 ' 50 "
	4 ' 20 "	Marichy I				Marichy I	4 ' 20 "
	1 ' 20 "	Marichy II	Mudra			Marichy II	1 ' 20 "
	1 ' 20 "	Ubhaya Padangustha	Maha			Ubhaya Padangustha	1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I				Urdhva Mukha Paschimottan I	2 ' 10 "
	1 ' 20 "	Bharadwaja I	Samyama	Time		Bharadwaja I	1 ' 20 "
	1 ' 20 "	Bharadwaja II	Pratyaya	50 '		Bharadwaja II	1 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 14	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	52/208/104/208		Chakra	3 '
						Marichy II	1 ' 30 "
			Mudra			Ubhaya Padangustha	1 ' 30 "
			Maha			Urdhva Mukha Paschimottan I	2 ' 20 "
						Bharadwaja I	1 ' 30 "
			Samyama	Time		Bharadwaja II	1 ' 30 "
	1 ' 30 "	Lola	Rupa	50 '	Y.S. III 21	Lola	1 ' 30 "
	1 ' 30 "	Gomukha				Gomukha	1 ' 30 "
	2 ' 30 "	Simha I				Simha I	2 ' 30 "
	2 ' 20 "	Tola				Tola	2 ' 20 "
	2 ' 20 "	Supta Vira				Supta Vira	2 ' 20 "
	2 ' 20 "	Paryanka				Paryanka	2 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 15	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	52/208/104/208		Marichy II	1 ' 40 "
						Ubhaya Padangustha	1 ' 40 "
			Mudra			Urdhva Mukha Paschimottan I	2 ' 30 "
			Maha Bandha			Bharadwaja I	1 ' 40 "
						Bharadwaja II	1 ' 40 "
	1 ' 40 "	Lola	Samyama	Time		Lola	1 ' 40 "
	1 ' 40 "	Gomukha	Rupa	50 '		Gomukha	1 ' 40 "
	2 ' 40 "	Simha I				Simha I	2 ' 40 "
	2 ' 30 "	Tola				Tola	2 ' 30 "
	2 ' 30 "	Supta Vira				Supta Vira	2 ' 30 "

	2 ' 30 "	Paryanka				Paryanka	2 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 16	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	52/208/104/208		Marichy II	1 ' 50 "
			Mudra			Ubhaya Padangustha	1 ' 50 "
			Maha Bandha			Urdhva Mukha Paschimottan I	2 ' 40 "
	1 ' 50 "	Lola	Samyama	Time		Bharadwaja I	1 ' 50 "
	1 ' 50 "	Gomukha	Sopa en Nirupa Kra	50 '	Y.S. III 23	Bharadwaja II	1 ' 50 "
	2 ' 50 "	Simha I				Lola	1 ' 50 "
	2 ' 40 "	Tola				Gomukha	1 ' 50 "
	2 ' 40 "	Supta Vira				Simha I	2 ' 50 "
	2 ' 40 "	Paryanka				Tola	2 ' 40 "
						Supta Vira	2 ' 40 "
						Paryanka	2 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 17	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	52/208/104/208		Marichy II	2 '
			Mudra			Ubhaya Padangustha	2 '
			Maha Vedha			Urdhva Mukha Paschimottan I	2 ' 50 "
			Samyama	Time		Bharadwaja I	2 '
			Sopa en Nirupa Kra	50 '		Bharadwaja II	2 '
	8 ' 20 "	Marichy III				Lola	2 '
	8 ' 20 "	Ardha Matsyendra I				Gomukha	2 '
						Simha I	3 '
						Tola	2 ' 50 "
						Supta Vira	2 ' 50 "
						Paryanka	2 ' 50 "
						Marichy III	8 ' 20 "
						Ardha Matsyendra I	8 ' 20 "
						Choose 10 Asana's you need / day	
Lesson 18	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	52/208/104/208		Marichy II	2 ' 10 "
			Mudra			Ubhaya Padangustha	2 ' 10 "
						Urdhva Mukha Paschimottan I	3 '

			Khecari			Bharadwaja I	2 ' 10 "
						Bharadwaja II	2 ' 10 "
			Samyama	Time		Lola	2 ' 10 "
			Maitry	50 '	Y.S. III 24	Gomukha	2 ' 10 "
						Tola	3 '
						Supta Vira	3 '
						Paryanka	3 '
	8 ' 30 "	Marichy III				Marichy III	8 ' 30 "
	8 ' 30 "	Ardha Matsyendra I				Ardha Matsyendra I	8 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 19	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	52/208/104/208		Marichy II	2 ' 20 "
						Ubhaya Padangustha	2 ' 20 "
			Mudra			Bharadwaja I	2 ' 20 "
			Khecari			Bharadwaja II	2 ' 20 "
						Lola	2 ' 20 "
			Samyama	Time		Gomukha	2 ' 20 "
	8 ' 40 "	Marichy III	Maitry	50 '		Marichy III	8 ' 40 "
	8 ' 40 "	Ardha Matsyendra I				Ardha Matsyendra I	8 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 20	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	52/208/104/208		Marichy II	2 ' 30 "
						Ubhaya Padangustha	2 ' 30 "
			Mudra			Bharadwaja I	2 ' 30 "
			Uddiyana Bandha			Bharadwaja II	2 ' 30 "
						Lola	2 ' 30 "
			Samyama	Time		Gomukha	2 ' 30 "
	7 ' 20 "	Urdhva Padma in Sirsa	Baleshu	50 '	Y.S. III 25	Urdhva Padma in Sirsa	7 ' 20 "
	6 ' 50 "	Pinda in Sirsa				Pinda in Sirsa	6 ' 50 "
						Choose 10 Asana's you need / day	
Lesson 21	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	52/208/104/208		Marichy II	2 ' 40 "
						Ubhaya Padangustha	2 ' 40 "
			Mudra			Bharadwaja I	2 ' 40 "

			Uddiyana Bandha			Bharadwaja II	2 ' 40 '
						Lola	2 ' 40 "
	7 ' 30 "	Urdhva Padma in Sirsa	Samyama	Time		Gomukha	2 ' 40 "
	7 '	Pinda in Sirsa	Baleshu	50 '		Urdhva Padma in Sirsa	7 ' 30 "
						Pinda in Sirsa	7 '
						Choose 10 Asana's you need / day	
Lesson 22	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	52/208/104/208		Marichy II	2 ' 50 "
			Mudra			Ubhaya Padangustha	2 ' 50 "
			Mula Bandha			Bharadwaja I	2 ' 50 "
	7 ' 40 "	Urdhva Padma in Sirsa	Samyama	Time		Bharadwaja II	2 ' 50 '
	7 ' 10 "	Pinda in Sirsa	Pravrtty Aloka	50 '	Y.S. III 26	Lola	2 ' 50 "
						Gomukha	2 ' 50 "
						Urdhva Padma in Sirsa	7 ' 40 "
						Pinda in Sirsa	7 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 23	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	52/208/104/208		Marichy II	3 '
			Mudra			Ubhaya Padangustha	3 '
			Mula Bandha			Bharadwaja I	3 '
	6 ' 40 "	Urdhva Padma in Sarvanga	Samyama	Time		Bharadwaja II	3 '
	6 ' 40 "	Pinda in Sarvanga	Pravrtty Aloka	50 '		Lola	3 '
						Gomukha	3 '
						Urdhva Padma in Sarvanga	6 ' 40 "
						Pinda in Sarvanga	6 ' 40 "
						Choose 10 Asana's you need / day	
Lesson 24	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	6 ' 50 "	Urdhva Padma in Sarvanga	Murca	52/208/104/208		Urdhva Padma in Sarvanga	6 ' 50 "
	6 ' 50 "	Pinda in Sarvanga	Mudra			Pinda in Sarvanga	6 ' 50 "
			Jala Bandha			Choose 10 Asana's you need / day	
			Samyama	Time			
			Surya	50 '	Y.S. III 27		



Lesson 25	Time 7 ' 7 '	Asana Urdhva Padma in Sarvanga Pinda in Sarvanga	Pranayama Murca  Mudra Jala Bandha  Samyama Surya	Rhythm 52/208/104/208   Time 50 '	Theory	Asana's at home Urdhva Padma in Sarvanga Pinda in Sarvanga Choose 10 Asana's you need / day	Time 7 ' 7 '
Lesson 26	Time 2 ' 8 ' 50 "	Asana Urdhva Danda Parsva Sirsa	Pranayama Plavini  Mudra Viparita Karani  Samyama Candra	Rhythm 52/208/104/208   Time 50 '	Theory   Y.S. III 28	Asana's at home Urdhva Danda Parsva Sirsa Choose 10 Asana's you need / day	Time 2 ' 8 ' 50 "
Lesson 27	Time 2 ' 10 " 9 '	Asana Urdhva Danda Parsva Sirsa	Pranayama Plavini  Mudra Viparita Karani  Samyama Candra	Rhythm 52/208/104/208   Time 50 '	Theory	Asana's at home Urdhva Danda Parsva Sirsa Choose 10 Asana's you need / day	Time 2 ' 10 " 9 '
Lesson 28	Time 2 ' 20 " 9 ' 10 "	Asana Urdhva Danda Parsva Sirsa	Pranayama Surya  Mudra Vajroli  Samyama Dhruva	Rhythm 56/224/112/224   Time 50 '	Theory   Y.S. III 29	Asana's at home Urdhva Danda Parsva Sirsa Choose 10 Asana's you need / day	Time 2 ' 20 " 9 ' 10 "

Lesson 29	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	6 ' 50 "	Parivrittaika Pada Sirsa	Surya	56/224/112/224		Urdhva Danda	2 ' 30 "
	6 ' 50 "	Ekapada Sirsa	Mudra			Parivrittaika Pada Sirsa	6 ' 50 "
			Vajroli			Ekapada Sirsa	6 ' 50 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Dhruva	50 '			
Lesson 30	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	7 '	Parivrittaika Pada Sirsa	Ujjayi	56/224/112/224		Urdhva Danda	2 ' 40 "
	7 '	Ekapada Sirsa	Mudra			Parivrittaika Pada Sirsa	7 '
			Sahajoli			Ekapada Sirsa	7 '
			Samyama	Time		Choose 10 Asana's you need / day	
			Nabhi Cakra	50 '	Y.S. III 30		
Lesson 31	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	7 ' 10 "	Parivrittaika Pada Sirsa	Ujjayi	56/224/112/224		Urdhva Danda	2 ' 50 "
	7 ' 10 "	Ekapada Sirsa	Mudra			Parivrittaika Pada Sirsa	7 ' 10 "
			Sahajoli			Ekapada Sirsa	7 ' 10 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Nabhi Cakra	50 '			
Lesson 32	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	6 ' 50 "	Parsvaikapada Sirsa	Sitkari	56/224/112/224		Urdhva Danda	3 '
	7 ' 20 "	Urdhva Padma in Sirsa	Mudra			Parsvaikapada Sirsa	6 ' 50 "
			Amaroli			Urdhva Padma in Sirsa	7 ' 20 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Kantha Kupe	50 '	Y.S. III 31		
Lesson 33	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time

	7 ' 7 ' 30 "	Parsvaikapada Sirsa Urdhva Padma in Sirsa	Sitkari  Mudra Amaroli	56/224/112/224		Parsvaikapada Sirsa Urdhva Padma in Sirsa Choose 10 Asana's you need / day	7 ' 7 ' 30 "
			Samyama Kantha Kupe	Time 50 '			
Lesson 34	Time 7 ' 10 " 7 ' 40 "	Asana Parsvaikapada Sirsa Urdhva Padma in Sirsa	Pranayama Sitali	Rhythm 56/224/112/224	Theory	Asana's at home Parsvaikapada Sirsa Urdhva Padma in Sirsa Choose 10 Asana's you need / day	Time 7 ' 10 " 7 ' 40 "
			Mudra Sakti Calana				
			Samyama Kurma Nadi	Time 50 '	Y.S. III 32		
Lesson 35	Time 6 ' 50 " 6 ' 50 "	Asana Parsva Urdhva Padma Pinda in Sirsa	Pranayama Sitali	Rhythm 56/224/112/224	Theory	Asana's at home Parsva Urdhva Padma Pinda in Sirsa Choose 10 Asana's you need / day	Time 6 ' 50 " 6 ' 50 "
			Mudra Sakti Calana				
			Samyama Kurma Nadi	Time 50 '			
Lesson 36	Time 7 ' 7 '	Asana Parsva Urdhva Padma Pinda in Sirsa	Pranayama Bhastrika	Rhythm 56/224/112/224	Theory	Asana's at home Parsva Urdhva Padma Pinda in Sirsa Choose 10 Asana's you need / day	Time 7 ' 7 '
			Mudra Maha				
			Samyama Murdha Jyotishi	Time 50 '	Y.S. III 33		
Lesson 37	Time 7 ' 10 "	Asana Parsva Urdhva Padma	Pranayama Bhastrika	Rhythm 56/224/112/224	Theory	Asana's at home Parsva Urdhva Padma	Time 7 ' 10 "

	7 ' 10 "	Pinda in Sirsa				Pinda in Sirsa	7 ' 10 "
			Mudra			Choose 10 Asana's you need / day	
			Maha				
			Samyama	Time			
			Murdha Jyotishi	50 '			
Lesson 38	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 ' 20 "	Ekapada Sarvanga	Bhramari	56/224/112/224		Ekapada Sarvanga	10 ' 20 "
	9 ' 20 "	Parsvaikapada Sarvanga				Parsvaikapada Sarvanga	9 ' 20 "
			Mudra			Choose 10 Asana's you need / day	
			Maha Bandha				
			Samyama	Time			
			Pratibha	50 '	Y.S. III 34		
Lesson 39	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 ' 30 "	Ekapada Sarvanga	Bhramari	56/224/112/224		Ekapada Sarvanga	10 ' 30 "
	9 ' 30 "	Parsvaikapada Sarvanga				Parsvaikapada Sarvanga	9 ' 30 "
			Mudra			Choose 10 Asana's you need / day	
			Maha Bandha				
			Samyama	Time			
			Pratibha	50 '			
Lesson 40	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	10 ' 40 "	Ekapada Sarvanga	Murca	56/224/112/224		Ekapada Sarvanga	10 ' 40 "
	9 ' 40 "	Parsvaikapada Sarvanga				Parsvaikapada Sarvanga	9 ' 40 "
			Mudra			Choose 10 Asana's you need / day	
			Maha Vedha				
			Samyama	Time			
			Hrdaye	50 '	Y.S. III 35		

Lesson 41	Time 6 ' 40 " 6 ' 50 "	Asana Pinda in Sarvanga Parsva Pinda in Sarvanga	Pranayama Murca  Mudra Maha Vedha  Samyama Hrdaye	Rhythm 56/224/112/224	Theory A part of New Esoteric Psychology Each lesson	Asana's at home Pinda in Sarvanga Parsva Pinda in Sarvanga Choose 10 Asana's you need / day	Time 6 ' 40 " 6 ' 50 "
Lesson 42	Time 6 ' 50 " 7 '	Asana Pinda in Sarvanga Parsva Pinda in Sarvanga	Pranayama Plavini  Mudra Khecari  Samyama Pararthat Svartha	Rhythm 56/224/112/224	Theory    Y.S. III 36	Asana's at home Pinda in Sarvanga Parsva Pinda in Sarvanga Choose 10 Asana's you need / day	Time 6 ' 50 " 7 '
Lesson 43	Time 7 ' 7 ' 10 "	Asana Pinda in Sarvanga Parsva Pinda in Sarvanga	Pranayama Plavini  Mudra Khecari  Samyama Pararthat Svartha	Rhythm 56/224/112/224	Theory	Asana's at home Pinda in Sarvanga Parsva Pinda in Sarvanga Choose 10 Asana's you need / day	Time 7 ' 7 ' 10 "
Lesson 44	Time 6 ' 40 " 6 ' 40 "	Asana Setubandha Sarvanga Ekapada Setubandha Sarvanga	Pranayama Surya  Mudra Uddiyana  Samyama Bandha Karana	Rhythm 60/240/120/240	Theory    Y.S. III 39	Asana's at home Setubandha Sarvanga Ekapada Setubandha Sarvanga Choose 10 Asana's you need / day	Time 6 ' 40 " 6 ' 40 "
Lesson 45	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time

	6 ' 50 "	Setubandha Sarvanga	Surya	60/240/120/240		Setubandha Sarvanga	6 ' 50 "
	6 ' 50 "	Ekapada Setubandha Sarvanga				Ekapada Setubandha Sarvanga	6 ' 50 "
			Mudra Uddiyana			Choose 10 Asana's you need / day	
			Samyama Bandha Karana	Time 50 '			
Lesson 46	Time 7 ' 7 '	Asana Setubandha Sarvanga Ekapada Setubandha Sarvanga	Pranayama Ujjayi	Rhythm 60/240/120/240	Theory	Asana's at home Setubandha Sarvanga Ekapada Setubandha Sarvanga Choose 10 Asana's you need / day	Time 7 ' 7 '
			Mudra Mula				
			Samyama Udana	Time 50 '	Y.S. III 40		
Lesson 47	Time 6 ' 50 "	Asana Supta Padangustha	Pranayama Ujjayi	Rhythm 60/240/120/240	Theory	Asana's at home Supta Padangustha Choose 10 Asana's you need / day	Time 6 ' 50 "
			Mudra Mula				
			Samyama Udana	Time 50 '			
Lesson 48	Time 7 '	Asana Supta Padangustha	Pranayama Ujjayi	Rhythm 60/240/120/240	Theory	Asana's at home Supta Padangustha Choose 10 Asana's you need / day	Time 7 '
			Mudra Jala				
			Samyama Samana	Time 50 '	Y.S. III 41		
Lesson 49	Time 7 ' 10 "	Asana Supta Padangustha	Pranayama Sitkari	Rhythm 60/240/120/240	Theory	Asana's at home Supta Padangustha	Time 7 ' 10 "

Choose 10 Asana's you need / day

Mudra  
Jala

Samyama  
Samana 50'

Lesson 50 Time Asana  
2' 50" Krouncha  
6' 40" Baddha Padma  
6' 40" Kukkuta

Pranayama Rhythm Theory  
Sitkari 60/240/120/240

Asana's at home Time  
Krouncha 2' 50"  
Baddha Padma 6' 40"  
Kukkuta 6' 40"

Mudra  
Viparita Karani

Choose 10 Asana's you need / day

Samyama Time  
Srotra Akashayoh 50' Y.S. III 42

Lesson 51 Time Asana  
3' Krouncha  
6' 50" Baddha Padma  
6' 50" Kukkuta

Pranayama Rhythm Theory  
Sitali 60/240/120/240

Asana's at home Time  
Krouncha 3'  
Baddha Padma 6' 50"  
Kukkuta 6' 50"

Mudra  
Viparita Karani

Choose 10 Asana's you need / day

Samyama Time  
Srotra Akashayoh 50'

Lesson 52 Time Asana  
3' 10" Krouncha  
7' Baddha Padma  
7' Kukkuta

Pranayama Rhythm Theory  
Bhastrika 60/240/120/240

Asana's at home Time  
Krouncha 3' 10"  
Baddha Padma 7'  
Kukkuta 7'

Mudra  
Vajroli

Choose 10 Asana's you need / day

Samyama Time  
Kaya Akashayoh 50' Y.S. III 43

Lesson 53 Time Asana  
6' 50" Garbha Pinda  
3' 20" Upavista Kona

Pranayama Rhythm Theory  
Bhastrika 60/240/120/240

Asana's at home Time  
Garbha Pinda 6' 50"  
Upavista Kona 3' 20"

	6 ' 40 "	Akarna Dhanura	Mudra Vajroli			Akarna Dhanura Choose 10 Asana's you need / day	6 ' 40 "
			Samyama Kaya Akashayoh	Time 50 '			
Lesson 54	Time 7 ' 3 ' 30 " 6 ' 50 "	Asana Garbha Pinda Upavista Kona Akarna Dhanura	Pranayama Bhramari	Rhythm 60/240/120/240	Theory	Asana's at home Garbha Pinda Upavista Kona Akarna Dhanura Choose 10 Asana's you need / day	Time 7 ' 3 ' 30 " 6 ' 50 "
			Samyama Shtula Svarupa	Time 50 '	Y.S. III 45		
Lesson 55	Time 7 ' 10 " 3 ' 40 " 7 '	Asana Garbha Pinda Upavista Kona Akarna Dhanura	Pranayama Bhramari	Rhythm 60/240/120/240	Theory	Asana's at home Garbha Pinda Upavista Kona Akarna Dhanura Choose 10 Asana's you need / day	Time 7 ' 10 " 3 ' 40 " 7 '
			Samyama Shtula Svarupa	Time 50 '			
Lesson 56	Time 5 ' 2 ' 30 " 1 ' 10 " 1 ' 10 "	Asana Baddha Kona Parsva Dhanura Utthita Hasta Padangustha Ardha Baddha Padmottan	Pranayama Murca	Rhythm 60/240/120/240	Theory	Asana's at home Baddha Kona Parsva Dhanura Utthita Hasta Padangustha Ardha Baddha Padmottan Choose 10 Asana's you need / day	Time 5 ' 2 ' 30 " 1 ' 10 " 1 ' 10 "
			Samyama Grahana Svarupa	Time 50 '	Y.S. III 48		
Lesson 57	Time 5 ' 10 " 2 ' 40 " 1 ' 20 "	Asana Baddha Kona Parsva Dhanura Utthita Hasta Padangustha	Pranayama Murca	Rhythm 60/240/120/240	Theory	Asana's at home Baddha Kona Parsva Dhanura Utthita Hasta Padangustha	Time 5 ' 10 " 2 ' 40 " 1 ' 20 "
			Mudra				



	1 ' 20 "	Ardha Baddha Padmottan	Amaroli			Ardha Baddha Padmottan	1 ' 20 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Grahana Svarupa	50 '			
Lesson 58	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	5 ' 20	Baddha Kona	Plavini	60/240/120/240		Baddha Kona	5 ' 20
	2 ' 50 "	Parsva Dhanura				Parsva Dhanura	2 ' 50 "
	1 ' 30 "	Utthita Hasta Padangustha	Mudra			Utthita Hasta Padangustha	1 ' 30 "
	1 ' 30 "	Ardha Baddha Padmottan	Sakti Calana			Ardha Baddha Padmottan	1 ' 30 "
						Choose 10 Asana's you need / day	
			Samyama	Time			
			Sattva Purusha	50 '	Y.S. III 50		
Lesson 59	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	60/240/120/240		Utthita Hasta Padangustha	1 ' 40 "
			Mudra			Ardha Baddha Padmottan	1 ' 40 "
	1 ' 10 "	Vatayan	Sakti Calana			Vatayan	1 ' 10 "
	1 ' 10 "	Parivritta Janusirsa				Parivritta Janusirsa	1 ' 10 "
	2 '	Urdhva Mukha Paschimottan I	Samyama	Time		Urdhva Mukha Paschimottan I	2 '
	1 ' 10	Urdhva Mukha Paschimottan II	Sattva Purusha	50 '		Urdhva Mukha Paschimottan II	1 ' 10
	5 ' 50 "	Simha II				Simha II	5 ' 50 "
						Choose 10 Asana's you need / day	
Lesson 60	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	64/256/128/256		Utthita Hasta Padangustha	1 ' 50 "
			Mudra			Ardha Baddha Padmottan	1 ' 50 "
	1 ' 20 "	Vatayan	Maha			Vatayan	1 ' 20 "
	1 ' 20 "	Parivritta Janusirsa				Parivritta Janusirsa	1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I				Urdhva Mukha Paschimottan I	2 ' 10 "
	1 ' 20	Urdhva Mukha Paschimottan II	Samyama	Time		Urdhva Mukha Paschimottan II	1 ' 20
	6 '	Simha II	Tad Vairagyat	50 '	Y.S. III 51	Simha II	6 '
						Choose 10 Asana's you need / day	
Lesson 61	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Surya	64/256/128/256		Utthita Hasta Padangustha	2 '

	1 ' 30 "	Vatayan	Mudra			Ardha Baddha Padmottan	2 '
	1 ' 30 "	Parivritta Janusirsa	Maha			Vatayan	1 ' 30 "
	2 ' 20 "	Urdhva Mukha Paschimottan I				Parivritta Janusirsa	1 ' 30 "
	1 ' 30 "	Urdhva Mukha Paschimottan II	Samyama	Time		Urdhva Mukha Paschimottan I	2 ' 20 "
	6 ' 10 "	Simha II	Tad Vairagyat	50 '		Urdhva Mukha Paschimottan II	1 ' 30 "
						Simha II	6 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 62	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	64/256/128/256		Utthita Hasta Padangustha	2 ' 10 "
			Mudra			Ardha Baddha Padmottan	2 ' 10 "
			Maha Bandha			Vatayan	1 ' 40 "
	2 '	Parivritta Janusirsa	Samyama	Time		Parivritta Janusirsa	1 ' 40 "
	5 ' 50 "	Simha II	Kshana	50 '	Y.S. III 53	Urdhva Mukha Paschimottan I	2 ' 30 "
	6 '	Uttanapada				Urdhva Mukha Paschimottan II	1 ' 40 "
	2 '	Urdhva Dhanura I				Parivritta Janusirsa	2 '
						Simha II	5 ' 50 "
						Uttanapada	6 '
						Urdhva Dhanura I	2 '
						Choose 10 Asana's you need / day	
Lesson 63	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Ujjayi	64/256/128/256		Utthita Hasta Padangustha	2 ' 20 "
			Mudra			Ardha Baddha Padmottan	2 ' 20 "
			Maha Bandha			Vatayan	1 ' 50 "
	2 ' 10 "	Parivritta Janusirsa	Samyama	Time		Parivritta Janusirsa	1 ' 50 "
	6 '	Simha II	Kshana	50 '		Urdhva Mukha Paschimottan I	2 ' 40 "
	6 ' 10 "	Uttanapada				Urdhva Mukha Paschimottan II	1 ' 50 "
	2 ' 10 "	Urdhva Dhanura I				Parivritta Janusirsa	2 ' 10 "
						Simha II	6 '
						Uttanapada	6 ' 10 "
						Urdhva Dhanura I	2 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 64	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitkari	64/256/128/256		Utthita Hasta Padangustha	2 ' 30 "
						Ardha Baddha Padmottan	2 ' 30 "

			Mudra Maha Vedha			Vatayan Parivritta Janusirsa Urdhva Mukha Paschimottan I Urdhva Mukha Paschimottan II Parivritta Janusirsa Simha II Uttanapada Urdhva Dhanura I Choose 10 Asana's you need / day	2 ' 2 ' 2 ' 50 " 2 ' 2 ' 20 " 6 ' 10 " 6 ' 20 " 2 ' 20 "
	2 ' 20 "	Parivritta Janusirsa	Samyama Parinama's	Time 55 '	Y.S. III 16		
	6 ' 10 "	Simha II					
	6 ' 20 "	Uttanapada					
	2 ' 20 "	Urdhva Dhanura I					
Lesson 65	Time	Asana	Pranayama Sitkari	Rhythm 64/256/128/256	Theory	Asana's at home Utthita Hasta Padangustha Ardha Baddha Padmottan Watayan Parivritta Janusirsa Urdhva Mukha Paschimottan I Urdhva Mukha Paschimottan II Parivritta Janusirsa Urdhva Dhanura I Salamba Sirsa II Salamba Sirsa III Baddha Hasta Sirsa Mukta Hasta Sirsa Choose 10 Asana's you need / day	Time 2 ' 40 " 2 ' 40 " 2 ' 10 " 2 ' 10 " 3 ' 2 ' 10 " 2 ' 30 " 2 ' 30 " 2 ' 20 " 2 ' 20 " 2 ' 20 " 2 ' 20 " 2 ' 20 "
			Mudra Maha Vedha				
			Samyama Parinama's	Time 55 '			
	2 ' 20 "	Salamba Sirsa II					
	2 ' 20 "	Salamba Sirsa III					
	2 ' 20 "	Baddha Hasta Sirsa					
	2 ' 20 "	Mukta Hasta Sirsa					
Lesson 66	Time	Asana	Pranayama Sitali	Rhythm 64/256/128/256	Theory	Asana's at home Utthita Hasta Padangustha Ardha Baddha Padmottan Watayan Parivritta Janusirsa Urdhva Mukha Paschimottan II Parivritta Janusirsa Urdhva Dhanura I Salamba Sirsa II Salamba Sirsa III Baddha Hasta Sirsa Mukta Hasta Sirsa	Time 2 ' 50 " 2 ' 50 " 2 ' 20 " 2 ' 20 " 2 ' 20 " 2 ' 40 " 2 ' 40 " 2 ' 30 " 2 ' 30 " 2 ' 30 " 2 ' 30 "
			Mudra Khecari				
			Samyama Sabdartha	Time 55 '	Y.S. III 17		
	2 ' 30 "	Salamba Sirsa II					
	2 ' 30 "	Salamba Sirsa III					
	2 ' 30 "	Baddha Hasta Sirsa					
	2 ' 30 "	Mukta Hasta Sirsa					

Choose 10 Asana's you need / day

Lesson 67	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	64/256/128/256		Utthita Hasta Padangustha	3'
			Mudra			Ardha Baddha Padmottan	3'
			Khecari			Vatayan	2' 30"
			Samyama	Time		Parivritta Janusirsa	2' 30"
			Sabdartha	55'		Urdhva Mukha Paschimottan II	2' 30"
	2' 40"	Salamba Sirsa II				Parivritta Janusirsa	2' 50"
	2' 40"	Salamba Sirsa III				Urdhva Dhanura I	2' 50"
	2' 40"	Baddha Hasta Sirsa				Salamba Sirsa II	2' 40"
	2' 40"	Mukta Hasta Sirsa				Salamba Sirsa III	2' 40"
						Baddha Hasta Sirsa	2' 40"
						Mukta Hasta Sirsa	2' 40"

Choose 10 Asana's you need / day

Lesson 68	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	64/256/128/256		Vatayan	2' 40"
			Mudra			Parivritta Janusirsa	2' 40"
			Uddiyana Bandha			Urdhva Mukha Paschimottan II	2' 40"
			Samyama	Time		Parivritta Janusirsa	3'
			Samskara	55'	Y.S. III 18	Urdhva Dhanura I	3'
	5' 20"	Parsva Sarvanga				Salamba Sirsa II	2' 50"
	6' 40"	Setubandha Sarvanga				Salamba Sirsa III	2' 50"
	6' 40"	Ekapada Setubandha Sarvanga				Baddha Hasta Sirsa	2' 50"
						Mukta Hasta Sirsa	2' 50"
						Parsva Sarvanga	5' 20"
						Setubandha Sarvanga	6' 40"
						Ekapada Setubandha Sarvanga	6' 40"

Choose 10 Asana's you need / day

Lesson 69	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	64/256/128/256		Vatayan	2' 50"
			Mudra			Parivritta Janusirsa	2' 50"
			Uddiyana Bandha			Urdhva Mukha Paschimottan II	2' 50"
						Salamba Sirsa II	3'
						Salamba Sirsa III	3'

			Samyama Samskara	Time 55'		Baddha Hasta Sirsa Mukta Hasta Sirsa Parsva Sarvanga Setubandha Sarvanga Ekapada Setubandha Sarvanga Choose 10 Asana's you need / day	3' 3' 5' 30" 6' 50" 6' 50"
5' 30"		Parsva Sarvanga					
6' 50"		Setubandha Sarvanga					
6' 50"		Ekapada Setubandha Sarvanga					
Lesson 70	Time	Asana	Pranayama Bhramari	Rhythm 64/256/128/256	Theory	Asana's at home Vatayan Parivritta Janusirsa Urdhva Mukha Paschimottan II Parsva Sarvanga Setubandha Sarvanga Ekapada Setubandha Sarvanga Choose 10 Asana's you need / day	Time 3' 3' 3' 5' 40" 7' 7'
	5' 40"	Parsva Sarvanga	Mudra Mula Bandha				
	7'	Setubandha Sarvanga					
	7'	Ekapada Setubandha Sarvanga	Samyama Pratyaya	Time 55'	Y.S. III 19		
Lesson 71	Time	Asana	Pranayama Bhramari	Rhythm 64/256/128/256	Theory	Asana's at home Ananta Parivritta Paschimottan Goraksa Choose 10 Asana's you need / day	Time 5' 10" 5' 10" 5' 10"
	5' 10"	Ananta					
	5' 10"	Parivritta Paschimottan	Mudra Mula Bandha				
	5' 10"	Goraksa					
			Samyama Pratyaya	Time 55'			
Lesson 72	Time	Asana	Pranayama Murca	Rhythm 64/256/128/256	Theory	Asana's at home Ananta Parivritta Paschimottan Goraksa Choose 10 Asana's you need / day	Time 5' 20" 5' 20" 5' 20"
	5' 20"	Ananta					
	5' 20"	Parivritta Paschimottan	Mudra Jala Bandha				
	5' 20"	Goraksa					
			Samyama Rupa	Time 55'	Y.S. III 21		
Lesson 73	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time



	4 ' 4 ' 6 ' 20 "	Supta Kurma Ekapada Sirsa Padma	Mudra Vajroli			Supta Kurma Ekapada Sirsa Padma Choose 10 Asana's you need / day	4 ' 4 ' 6 ' 20 "
			Samyama Maitry	Time 55 '			
Lesson 78	Time	Asana	Pranayama Ujjayi	Rhythm 68/272/136/272	Theory	Asana's at home Marichy IV Supta Kurma Ekapada Sirsa Padma Choose 10 Asana's you need / day	Time 1 ' 50 " 4 ' 10 " 4 ' 10 " 6 ' 30 "
	4 ' 10 " 4 ' 10 " 6 ' 30 "	Supta Kurma Ekapada Sirsa Padma	Mudra Sahajoli				
			Samyama Baleshu	Time 55 '	Y.S. III 25		
Lesson 79	Time	Asana	Pranayama Ujjayi	Rhythm 68/272/136/272	Theory	Asana's at home Marichy IV Supta Kurma Ekapada Sirsa Padma Choose 10 Asana's you need / day	Time 2 ' 4 ' 20 " 4 ' 20 " 6 ' 40 "
	4 ' 20 " 4 ' 20 " 6 ' 40 "	Supta Kurma Ekapada Sirsa Padma	Mudra Sahajoli				
			Samyama Baleshu	Time 55 '			
Lesson 80	Time	Asana	Pranayama Sitkari	Rhythm 68/272/136/272	Theory	Asana's at home Marichy IV Parvata Tola Choose 10 Asana's you need / day	Time 2 ' 10 " 6 ' 20 " 6 ' 20 "
	6 ' 20 " 6 ' 20 "	Parvata Tola	Mudra Amaroli				
			Samyama Pravrtty Aloka	Time 55 '	Y.S. III 26		

Lesson 81	Time	Asana	Pranayama Sitkari	Rhythm 68/272/136/272	Theory A part of Esoteric Healing Each lesson	Asana's at home Marichy IV Parvata Tola Choose 10 Asana's you need / day	Time
	6 ' 30 "	Parvata					2 ' 20 "
	6 ' 30 "	Tola					6 ' 30 "
			Mudra Amaroli				6 ' 30 "
			Samyama Pravrtyy Aloka	Time 55 '			
Lesson 82	Time	Asana	Pranayama Sitali	Rhythm 68/272/136/272	Theory Y.S. III 27	Asana's at home Marichy IV Parvata Tola Choose 10 Asana's you need / day	Time
	6 ' 40 "	Parvata					2 ' 30 "
	6 ' 40 "	Tola					6 ' 40 "
			Mudra Sakti Calana				6 ' 40 "
			Samyama Surya	Time 55 '			
Lesson 83	Time	Asana	Pranayama Sitali	Rhythm 68/272/136/272	Theory	Asana's at home Marichy IV Simha II Matsya Choose 10 Asana's you need / day	Time
	5 ' 50 "	Simha II					2 ' 40 "
	7 ' 40 "	Matsya					5 ' 50 "
			Mudra Sakti Calana				7 ' 40 "
			Samyama Surya	Time 55 '			
Lesson 84	Time	Asana	Pranayama Bhastrika	Rhythm 68/272/136/272	Theory	Asana's at home Marichy IV Simha II Matsya Choose 10 Asana's you need / day	Time
	6 '	Simha II					2 ' 50 "
	7 ' 50 "	Matsya					6 '
			Mudra Maha				7 ' 50 "
			Samyama Candra	Time 55 '	Y.S. III 28		
Lesson 85	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time



	6 ' 10 "	Simha II	Bhastrika	68/272/136/272		Marichy IV	3 '
	8 '	Matsya	Mudra Maha			Simha II Matsya Choose 10 Asana's you need / day	6 ' 10 " 8 "
			Samyama Candra	Time 55 '			
Lesson 86	Time 6 ' 50 " 6 ' 50 "	Asana Kukkuta Garbha Pinda	Pranayama Bhramari	Rhythm 68/272/136/272	Theory	Asana's at home Kukkuta Garbha Pinda Choose 10 Asana's you need / day	Time 6 ' 50 " 6 ' 50 "
			Mudra Maha Bandha				
			Samyama Dhruva	Time 55 '	Y.S. III 29		
Lesson 87	Time 7 ' 7 '	Asana Kukkuta Garbha Pinda	Pranayama Bhramari	Rhythm 68/272/136/272	Theory	Asana's at home Kukkuta Garbha Pinda Choose 10 Asana's you need / day	Time 7 ' 7 '
			Mudra Maha Bandha				
			Samyama Dhruva	Time 55 '			
Lesson 88	Time 7 ' 10 " 7 ' 10 "	Asana Kukkuta Garbha Pinda	Pranayama Murca	Rhythm 68/272/136/272	Theory	Asana's at home Kukkuta Garbha Pinda Choose 10 Asana's you need / day	Time 7 ' 10 " 7 ' 10 "
			Mudra Maha Vedha				
			Samyama Nabhi Cakra	Time 55 '	Y.S. III 30		
Lesson 89	Time 5 ' 10 "	Asana Goraksa	Pranayama Murca	Rhythm 68/272/136/272	Theory	Asana's at home Goraksa	Time 5 ' 10 "

	6 ' 50 "	Baddha Padma				Baddha Padma	6 ' 50 "
	6 ' 50 "	Yoga Mudra	Mudra			Yoga Mudra	6 ' 50 "
			Maha Vedha			Choose 10 Asana's you need / day	
			Samyama	Time			
			Nabhi Cakra	55 '			
Lesson 90	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	5 ' 20	Goraksa	Plavini	68/272/136/272		Goraksa	5 ' 20
	7 '	Baddha Padma				Baddha Padma	7 '
	7 '	Yoga Mudra	Mudra			Yoga Mudra	7 '
			Khecari			Choose 10 Asana's you need / day	
			Samyama	Time			
			Kantha Kupe	55 '	Y.S. III 31		
Lesson 91	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	5 ' 30	Goraksa	Plavini	68/272/136/272		Goraksa	5 ' 30
	7 ' 10 "	Baddha Padma				Baddha Padma	7 ' 10 "
	7 ' 10 "	Yoga Mudra	Mudra			Yoga Mudra	7 ' 10 "
			Khecari			Choose 10 Asana's you need / day	
			Samyama	Time			
			Kantha Kupe	55 '			
Lesson 92	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	5 ' 40	Goraksa	Surya	72/288/144/288		Goraksa	5 ' 40
	7 ' 20 "	Baddha Padma				Baddha Padma	7 ' 20 "
	7 ' 20 "	Yoga Mudra	Mudra			Yoga Mudra	7 ' 20 "
			Uddiyana Bandha			Choose 10 Asana's you need / day	
			Samyama	Time			
			Kurma Nadi	55 '	Y.S. III 32		
Lesson 93	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	4 '	Pasa	Surya	72/288/144/288		Pasa	4 '
	1 ' 40 "	Setubandha				Setubandha	1 ' 40 "

	2 ' 50 "	Skanda	Mudra Uddiyana Bandha		Skanda Choose 10 Asana's you need / day	2 ' 50 "	
			Samyama Kurma Nadi	Time 55 '			
Lesson 94	Time 4 ' 10 " 1 ' 50 " 3 '	Asana Pasa Setubandha Skanda	Pranayama Ujjayi	Rhythm 72/288/144/288	Theory	Asana's at home Pasa Setubandha Skanda Choose 10 Asana's you need / day	Time 4 ' 10 " 1 ' 50 " 3 '
			Samyama Murdha Jyotishi	Time 55 '	Y.S. III 33		
Lesson 95	Time 4 ' 20 " 2 ' 3 ' 10 "	Asana Pasa Setubandha Skanda	Pranayama Ujjayi	Rhythm 72/288/144/288	Theory	Asana's at home Pasa Setubandha Skanda Choose 10 Asana's you need / day	Time 4 ' 20 " 2 ' 3 ' 10 "
			Samyama Murdha Jyotishi	Time 55 '			
Lesson 96	Time 4 ' 2 ' 50 " 1 ' 10 " 1 ' 10 " 1 ' 10 "	Asana Bhujapida Astavakra Ekahasta Bhuj Dvihasta Bhuj Adhomukha Vrksa	Pranayama Sitkari	Rhythm 72/288/144/288	Theory	Asana's at home Bhujapida Astavakra Ekahasta Bhuj Dvihasta Bhuj Adhomukha Vrksa Choose 10 Asana's you need / day	Time 4 ' 2 ' 50 " 1 ' 10 " 1 ' 10 " 1 ' 10 "
			Samyama Pratibha	Time 55 '	Y.S. III 34		
Lesson 97	Time 4 ' 10 " 3 ' 1 ' 20 "	Asana Bhujapida Astavakra Ekahasta Bhuj	Pranayama Sitkari	Rhythm 72/288/144/288	Theory	Asana's at home Bhujapida Astavakra Ekahasta Bhuj	Time 4 ' 10 " 3 ' 1 ' 20 "
			Mudra				

	1 ' 20 "	Dvihasta Bhujā	Jalandhara Bandha			Dvihasta Bhujā	1 ' 20 "
	1 ' 20 "	Adhomukha Vrksa				Adhomukha Vrksa	1 ' 20 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Pratibha	55 '			
Lesson 97	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	4 ' 20 "	Bhujapida	Sitali	72/288/144/288		Bhujapida	4 ' 20 "
	3 ' 10 "	Astavakra				Astavakra	3 ' 10 "
	1 ' 30 "	Ekahasta Bhujā	Mudra			Ekahasta Bhujā	1 ' 30 "
	1 ' 30 "	Dvihasta Bhujā	Viparita Karani			Dvihasta Bhujā	1 ' 30 "
	1 ' 30 "	Adhomukha Vrksa				Adhomukha Vrksa	1 ' 30 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Hrdaye	55 '	Y.S. III 35		
Lesson 98	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Sitali	72/288/144/288		Ekahasta Bhujā	1 ' 40 "
			Mudra			Dvihasta Bhujā	1 ' 40 "
	3 ' 10 "	Mayura	Viparita Karani			Adhomukha Vrksa	1 ' 40 "
	3 ' 10 "	Padma Mayura				Mayura	3 ' 10 "
	3 ' 10 "	Nakra	Samyama	Time		Padma Mayura	3 ' 10 "
	3 ' 10 "	Baka	Hrdaye	55 '		Nakra	3 ' 10 "
	4 '	Supta Vajra				Baka	3 ' 10 "
						Supta Vajra	4 '
						Choose 10 Asana's you need / day	
Lesson 99	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhastrika	72/288/144/288		Ekahasta Bhujā	1 ' 50 "
			Mudra			Dvihasta Bhujā	1 ' 50 "
	3 ' 20 "	Mayura	Vajroli			Adhomukha Vrksa	1 ' 50 "
	3 ' 20 "	Padma Mayura				Mayura	3 ' 20 "
	3 ' 20 "	Nakra	Samyama	Time		Padma Mayura	3 ' 20 "
	3 ' 20 "	Baka	Pararthat Svartha	55 '	Y.S. III 36	Nakra	3 ' 20 "
	4 ' 10 "	Supta Vajra				Baka	3 ' 20 "
						Supta Vajra	4 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 100	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time

			Bhastrika	72/288/144/288		Ekahasta Bhujā	2'
			Mudra			Dvihasta Bhujā	2'
	3' 30"	Mayura	Vajroli			Adhomukha Vrksa	2'
	3' 30"	Padma Mayura				Mayura	3' 30"
	3' 30"	Nakra	Samyama	Time		Padma Mayura	3' 30"
	3' 30"	Baka	Pararthat Svartha	55'		Nakra	3' 30"
	4' 20"	Supta Vajra				Baka	3' 30"
						Supta Vajra	4' 20"
						Choose 10 Asana's you need / day	
Lesson 101	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	72/288/144/288		Ekahasta Bhujā	2' 10"
			Mudra			Dvihasta Bhujā	2' 10"
	3' 30"	Tada	Sahajoli			Adhomukha Vrksa	2' 10"
	3' 30"	Vrksa				Tada	3' 30"
	3' 40"	Utthita Trikona	Samyama	Time		Vrksa	3' 30"
	4'	Utthita Parsvakona	Bandha Karana	55'	Y.S. III 39	Utthita Trikona	3' 40"
						Utthita Parsvakona	4'
						Choose 10 Asana's you need / day	
Lesson 102	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Bhramari	72/288/144/288		Ekahasta Bhujā	2' 20"
			Mudra			Dvihasta Bhujā	2' 20"
	4'	Virabhadra I	Sahajoli			Adhomukha Vrksa	2' 20"
	4'	Virabhadra II				Virabhadra I	4'
	4'	Parsvottan	Samyama	Time		Virabhadra II	4'
			Bandha Karana	55'		Parsvottan	4'
						Choose 10 Asana's you need / day	
Lesson 103	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	72/288/144/288		Ekahasta Bhujā	2' 30"
			Mudra			Dvihasta Bhujā	2' 30"
	12' 10"	Salamba Sarvanga I	Amaroli			Adhomukha Vrksa	2' 30"
	12' 20"	Hala				Salamba Sarvanga I	12' 10"
			Samyama	Time		Hala	12' 20"
			Udana	55'	Y.S. III 40	Choose 10 Asana's you need / day	

Lesson 104	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Murca	72/288/144/288		Ekahasta Bhujā	2 ' 40 "
			Mudra			Dvihasta Bhujā	2 ' 40 "
	12 ' 20 "	Sava	Amaroli			Adhomukha Vrksa	2 ' 40 "
	3 ' 10 "	Parivritta Trikona				Sava	12 ' 20 "
	3 ' 30 "	Prasarita Padottan I	Samyama	Time		Parivritta Trikona	3 ' 10 "
			Udana	55 '		Prasarita Padottan I	3 ' 30 "
						Choose 10 Asana's you need / day	
Lesson 105	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	72/288/144/288		Ekahasta Bhujā	2 ' 50 "
			Mudra			Dvihasta Bhujā	2 ' 50 "
	4 '	Urdhva Prasarita Pada	Sakti Calana			Adhomukha Vrksa	2 ' 50 "
	3 ' 10 "	Paripurna Nava				Urdhva Prasarita Pada	4 '
	3 ' 10 "	Ardha Nava	Samyama	Time		Paripurna Nava	3 ' 10 "
	3 ' 10 "	Virabhadrasana III	Samana	55 '	Y.S. III 41	Ardha Nava	3 ' 10 "
						Virabhadrasana III	3 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 106	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
			Plavini	72/288/144/288		Ekahasta Bhujā	3 '
			Mudra			Dvihasta Bhujā	3 '
	3 ' 10 "	Ardha Chandra	Sakti Calana			Adhomukha Vrksa	3 '
	3 ' 10 "	Parivritta Parsvakona				Ardha Chandra	3 ' 10 "
	3 ' 10 "	Parigha	Samyama	Time		Parivritta Parsvakona	3 ' 10 "
			Samana	55 '		Parigha	3 ' 10 "
						Choose 10 Asana's you need / day	
Lesson 107	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	11 '	Karnapida	Surya	76/304/152/304		Karnapida	11 '
	10 ' 50 "	Ekapada Sarvanga	Mudra			Ekapada Sarvanga	10 ' 50 "
			Maha			Choose 10 Asana's you need / day	
			Samyama	Time			
			Srotra Akashayoh	55 '	Y.S. III 42		

Lesson 108	Time 9 ' 50 "	Asana Jatara Parivartan	Pranayama Surya	Rhythm 76/304/152/304	Theory	Asana's at home Jatara Parivartan Choose 10 Asana's you need / day	Time 9 ' 50 "
			Mudra Maha				
			Samyama Srotra Akashayoh	Time 55 '			
Lesson 109	Time 10 ' 5 ' 20 " 5 ' 40 " 5 ' 40 "	Asana Salamba Sirsa I Uttan Salabha Dhanura	Pranayama Ujjayi	Rhythm 76/304/152/304	Theory	Asana's at home Salamba Sirsa I Uttan Salabha Dhanura Choose 10 Asana's you need / day	Time 10 ' 5 ' 20 " 5 ' 40 " 5 ' 40 "
			Mudra Maha Bandha				
			Samyama Kaya Akashayoh	Time 55 '	Y.S. III 43		
Lesson 110	Time 3 ' 10 " 3 ' 10 " 10 ' 10 "	Asana Bhujang I Supta Kona Parsva Hala	Pranayama Ujjayi	Rhythm 76/304/152/304	Theory	Asana's at home Bhujang I Supta Kona Parsva Hala Choose 10 Asana's you need / day	Time 3 ' 10 " 3 ' 10 " 10 ' 10 "
			Mudra Maha Bandha				
			Samyama Kaya Akashayoh	Time 55 '			
Lesson 111	Time 4 ' 10 " 3 ' 10 " 9 ' 40 "	Asana Janusirsa Danda Paschimottan	Pranayama Sitkari	Rhythm 76/304/152/304	Theory	Asana's at home Janusirsa Danda Paschimottan Choose 10 Asana's you need / day	Time 4 ' 10 " 3 ' 10 " 9 ' 40 "
			Mudra Maha Vedha				
			Samyama Sthula Svarupa	Time 55 '	Y.S. III 45		

Lesson 112	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	3 ' 10 "	Utkata	Sitkari	76/304/152/304		Utkata	3 ' 10 "
	3 ' 50 "	Ustra				Ustra	3 ' 50 "
	3 ' 10 "	Chaturanga Danda	Mudra			Chaturanga Danda	3 ' 10 "
	3 ' 10 "	Adho Mukha Svana	Maha Vedha			Adho Mukha Svana	3 ' 10 "
	3 ' 10 "	Urdhva Mukha Svana				Urdhva Mukha Svana	3 ' 10 "
			Samyama	Time		Choose 10 Asana's you need / day	
			Sthula Svarupa	55 '			
Lesson 113	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	3 ' 50 "	Vira	Sitali	76/304/152/304		Vira	3 ' 50 "
	9 ' 50 "	Parsvaikapada Sarvanga				Parsvaikapada Sarvanga	9 ' 50 "
			Mudra			Choose 10 Asana's you need / day	
			Khecari				
			Samyama	Time			
			Grahana Svarupa	55 '	Y.S. III 48		
Lesson 114	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	7 ' 20 "	Ekapada Sirsa	Sitali	76/304/152/304		Ekapada Sirsa	7 ' 20 "
	9 ' 20 "	Salamba Sarvanga II				Salamba Sarvanga II	9 ' 20 "
			Mudra			Choose 10 Asana's you need / day	
			Khecari				
			Samyama	Time			
			Grahana Svarupa	55 '			
Lesson 115	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	9 ' 20 "	Niralamba Sarvanga I	Bhastrika	76/304/152/304		Niralamba Sarvanga I	9 ' 20 "
	9 ' 20 "	Niralamba Sarvanga II				Niralamba Sarvanga II	9 ' 20 "
			Mudra			Choose 10 Asana's you need / day	
			Uddiyana Bandha				
			Samyama	Time			
			Sattva Purusha	55 '	Y.S. III 50		
Lesson 116	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time



	3 ' 10 "	Chakra	Bhastrika	76/304/152/304		Chakra	3 ' 10 "
	3 ' 20 "	Triangmukhaikapada Paschimottan				Triangmukhaikapada Paschimottan	3 ' 20 "
	4 ' 30 "	Ardha Baddha Padma Paschimottan	Mudra			Ardha Baddha Padma Paschimottan	4 ' 30 "
			Uddiyana Bandha			Choose 10 Asana's you need / day	
			Samyama	Time			
			Sattva Purusha	55 '			
Lesson 117	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	4 ' 30 "	Marichy I	Bhramari	76/304/152/304		Marichy I	4 ' 30 "
	3 ' 10 "	Marichy II				Marichy II	3 ' 10 "
	3 ' 10 "	Ubhaya Padangustha	Mudra			Ubhaya Padangustha	3 ' 10 "
	3 ' 10 "	Urdhva Mukha Paschimottan I	Mula Bandha			Urdhva Mukha Paschimottan I	3 ' 10 "
	3 ' 10 "	Bharadwaja I				Bharadwaja I	3 ' 10 "
	3 ' 10 "	Bharadwaja II	Samyama	Time		Bharadwaja II	3 ' 10 "
			Tad Vairagyat	55 '	Y.S. III 51	Choose 10 Asana's you need / day	
Lesson 118	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	3 ' 10 "	Lola	Bhramari	76/304/152/304		Lola	3 ' 10 "
	3 ' 10 "	Gomukha				Gomukha	3 ' 10 "
	3 ' 10 "	Simha I	Mudra			Simha I	3 ' 10 "
	3 ' 10 "	Tola	Mula Bandha			Tola	3 ' 10 "
	3 ' 10 "	Supta Vira				Supta Vira	3 ' 10 "
	3 ' 10 "	Paryanka	Samyama	Time		Paryanka	3 ' 10 "
			Tad Vairagyat	55 '		Choose 10 Asana's you need / day	
Lesson 119	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	8 ' 50 "	Marichy III	Murca	76/304/152/304		Marichy III	8 ' 50 "
	8 ' 50 "	Ardha Matsyendra I				Ardha Matsyendra I	8 ' 50 "
			Mudra			Choose 10 Asana's you need / day	
			Jala Bandha				
			Samyama	Time			
			Kshana	55 '	Y.S. III 53		
Lesson 120	Time	Asana	Pranayama	Rhythm	Theory	Asana's at home	Time
	7 ' 50 "	Urdhva Padma in Sirsa	Murca	76/304/152/304		Urdhva Padma in Sirsa	7 ' 50 "

7 ' 20 " Pinda in Sirsa

Mudra  
Jala Bandha

Samyama      Time  
Kshana        55 '

Pinda in Sirsa  
Choose 10 Asana's you need / day

7 ' 20 "

Follow up advice: practice of each of the 30 different Samyama's during 6 months