

HET RAJA YOGA INSTITUUT

"AJITA PADA" het pad naar verlichting volgens Ajita

Lesschema van de BASISOPLEIDING

december-03

Les	tijd	Asana	ref.	Theorie	Asana's thuis	ref.	tijd
Les 1		Namaskar		Ahimsa	Namaskar		
		Tada	1		Tada	1	
		Vrksa	2		Vrksa	2	
		Utthita Trikona	4		Utthita Trikona	4	
		Utthita Parsvakona	8		Utthita Parsvakona	8	
		Sukha			Sukha		
Les 2		Asana	ref.	Theorie	Asana's thuis	ref.	tijd
		Virabhadra I	14	Satya	Virabhadra I	14	
		Virabhadra II	15		Virabhadra II	15	
		Parsvottan	26		Parsvottan	26	
		Salamba Sarvanga I	223		Salamba Sarvanga I	223	
		Hala	244		Hala	244	
		Sava	592		Sava	592	
	10 "	Sukha			Sukha		10 "
Les 3		Asana	ref.	Theorie	Asana's thuis	ref.	tijd
	10 "	Namaskar		Asteya	Namaskar		10 "
	10 "	Tada	1		Tada	1	10 "
	10 "	Vrksa	2		Vrksa	2	10 "
	10 "	Utthita Trikona	4		Utthita Trikona	4	10 "
	10 "	Utthita Parsvakona	8		Utthita Parsvakona	8	10 "
	20 "	Sukha			Sukha		20 "
Les 4		Asana	ref.	Theorie	Asana's thuis	ref.	tijd
	10 "	Virabhadra I	14	Brahmacharya	Virabhadra I	14	10 "
	10 "	Virabhadra II	15		Virabhadra II	15	10 "
	10 "	Parsvottan	26		Parsvottan	26	10 "
	10 "	Salamba Sarvanga I	223		Salamba Sarvanga I	223	10 "
	10 "	Hala	244		Hala	244	10 "
	10 "	Sava	592		Sava	592	10 "
	30 "	Sukha			Sukha		30 "

Les 5	tijd	Asana	ref.	Theorie Aparigraha	Asana's thuis	ref.	tijd
	20 "	Namaskar			Namaskar		20 "
	20 "	Tada	1		Tada	1	20 "
	20 "	Vrksa	2		Vrksa	2	20 "
	20 "	Utthita Trikona	4		Utthita Trikona	4	20 "
	20 "	Utthita Parsvakona	8		Utthita Parsvakona	8	20 "
	20 "	Virabhadra I	14		Virabhadra I	14	20 "
	20 "	Virabhadra II	15		Virabhadra II	15	20 "
	40 "	Sukha		Sukha		40 "	
Les 6	tijd	Asana	ref.	Theorie Shaucha	Asana's thuis	ref.	tijd
		Parivritta trikona	6		Parivritta trikona	6	
	20 "	Parsvottan	26		Parsvottan	26	20 "
		Prasarita Padottan I	33		Prasarita Padottan I	33	
	20 "	Salamba Sarvanga I	223		Salamba Sarvanga I	223	20 "
	20 "	Hala	244		Hala	244	20 "
	20 "	Sava	592		Sava	592	20 "
		50 "	Sukha			Sukha	
Les 7	tijd	Asana	ref.	Theorie Santosha	Asana's thuis	ref.	tijd
	30 "	Namaskar			Namaskar		30 "
	30 "	Tada	1		Tada	1	30 "
	30 "	Vrksa	2		Vrksa	2	30 "
	30 "	Utthita Trikona	4		Utthita Trikona	4	30 "
	30 "	Utthita Parsvakona	8		Utthita Parsvakona	8	30 "
	30 "	Virabhadra I	14		Virabhadra I	14	30 "
	30 "	Virabhadra II	15		Virabhadra II	15	30 "
	1 '	Sukha		Sukha			
Les 8	tijd	Asana	ref.	Theorie Tapas	Asana's thuis	ref.	tijd
	10 "	Parivritta trikona	6		Parivritta trikona	6	10 "
	30 "	Parsvottan	26		Parsvottan	26	30 "
	10 "	Prasarita Padottan I	33		Prasarita Padottan I	33	10 "
	30 "	Salamba Sarvanga I	223		Salamba Sarvanga I	223	30 "
	30 "	Hala	244		Hala	244	30 "
	30 "	Sava	592		Sava	592	30 "

	1 ' 10"	Sukha			Sukha		1 ' 10 "
Les 9	tijd	Asana	ref.	Theorie	Asana's thuis	ref.	tijd
	40 "	Namaskar		Svadhyaaya	Namaskar		40 "
	40 "	Tada	1		Tada	1	40 "
	40 "	Vrksa	2		Vrksa	2	40 "
	40 "	Utthita Trikona	4		Utthita Trikona	4	40 "
	40 "	Utthita Parsvakona	8		Utthita Parsvakona	8	40 "
	40 "	Virabhadra I	14		Virabhadra I	14	40 "
	40 "	Virabhadra II	15		Virabhadra II	15	40 "
	20 "	Parivritta trikona	6		Parivritta trikona	6	20 "
	40 "	Parsvottan	26		Parsvottan	26	40 "
	1 ' 20 "	Sukha			Sukha		1 ' 20 "
Les 10	tijd	Asana	ref.	Theorie	Asana's thuis	ref.	tijd
	20 "	Prasarita Padottan I	33	Ishvara Pranidhana	Prasarita Padottan I	33	20 "
		Urdhva Prasarita Pada	276		Urdhva Prasarita Pada	276	
		Paripurna Nava	78		Paripurna Nava	78	
		Ardha Nava	79		Ardha Nava	79	
	40 "	Salamba Sarvanga I	223		Salamba Sarvanga I	223	40 "
	40 "	Hala	244		Hala	244	40 "
	40 "	Sava	592		Sava	592	40 "
	1 ' 30 "	Sukha			Sukha		1 ' 30 "
Les 11	tijd	Asana	ref.	Theorie	Asana's thuis	ref.	tijd
	50 "	Namaskar		Asana	Namaskar		50 "
	50 "	Tada	1		Tada	1	50 "
	50 "	Vrksa	2		Vrksa	2	50 "
	50 "	Utthita Trikona	4		Utthita Trikona	4	50 "
	50 "	Utthita Parsvakona	8		Utthita Parsvakona	8	50 "
	50 "	Virabhadra I	14		Virabhadra I	14	50 "
	50 "	Virabhadra II	15		Virabhadra II	15	50 "
	30 "	Parivritta trikona	6		Parivritta trikona	6	30 "
	50 "	Parsvottan	26		Parsvottan	26	50 "
	1 ' 40 "	Sukha			Sukha	1	1 ' 40 "
Les 12	tijd	Asana	ref.	Theorie	Asana's thuis	ref.	tijd

	30 "	Prasarita Padottan I	33		Prana	Prasarita Padottan I	33	30 "
	10 "	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	10 "
	10 "	Paripurna Nava	78			Paripurna Nava	78	10 "
	10 "	Ardha Nava	79			Ardha Nava	79	10 "
	50 "	Salamba Sarvanga I	223			Salamba Sarvanga I	223	50 "
	50 "	Hala	244			Hala	244	50 "
	50 "	Sava	592			Sava	592	50 "
	1 ' 50 "	Sukha				Sukha		1 ' 50 "
Les 13	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
	1 '	Namaskar		Dhauti	H.Y.P. II 21-25	Namaskar		1 '
	1 '	Tada	1		Ajna Chakra	Tada	1	1 '
	1 '	Vrksa	2			Vrksa	2	1 '
	1 '	Utthita Trikona				Utthita Trikona	4	1 '
	1 '	Utthita Parsvakona				Utthita Parsvakona	8	1 '
	1 '	Virabhadra I				Virabhadra I	14	1 '
	1 '	Virabhadra II				Virabhadra II	15	1 '
	40 "	Parivritta trikona	6			Parivritta trikona	6	40 "
Les 14	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
	1 '	Parsvottan	26	Vasti	H.Y.P. II 26-28	Parsvottan	26	1 '
	40 "	Prasarita Padottan I	33		Muladhara Chakra	Prasarita Padottan I	33	40 "
	20 "	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	20 "
	20 "	Paripurna Nava	78			Paripurna Nava	78	20 "
	20 "	Ardha Nava	79			Ardha Nava	79	20 "
	1 '	Salamba Sarvanga I	223			Salamba Sarvanga I	223	1 '
	1 '	Hala	244			Hala	244	1 '
	1 '	Sava	592			Sava	592	1 '
	2 '	Sukha				Sukha		2 '
Les 15	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
				Neti	H.Y.P. II 29-30	Namaskar		1 ' 10 "
					Svadhithana Chakra	Tada	1	1 ' 10 "
						Vrksa	2	1 ' 10 "
						Utthita Trikona	4	1 ' 10 "
						Utthita Parsvakona	8	1 ' 10 "
						Virabhadra I	14	1 ' 10 "

		Virabhadrasana III	17			Virabhadra II	15	1' 10"
		Ardha Chandra	19			Virabhadrasana III	17	
50 "		Parivritta trikona	6			Ardha Chandra	19	
						Parivritta trikona	6	50 "
50 "		Prasarita Padottan I	33			Parsvottan	26	1' 10"
		Prasarita Padottan II	35			Prasarita Padottan I	33	50 "
30 "		Urdhva Prasarita Pada	276			Prasarita Padottan II	35	
30 "		Paripurna Nava	78			Urdhva Prasarita Pada	276	30 "
30 "		Ardha Nava	79			Paripurna Nava	78	30 "
						Ardha Nava	79	30 "
						Salamba Sarvanga I	223	1' 10"
						Hala	244	1' 10"
						Sava	592	1' 10"
2' 10 "		Sukha				Sukha		2' 10 "
Les 16	tijd	Asana	ref.	Kriya Trataka	Theorie H.Y.P. II 31-32 Manipura Chakra	Asana's thuis	ref.	tijd
						Namaskar		1' 20 "
						Tada	1	1' 20 "
						Vrksa	2	1' 20 "
						Utthita Trikona	4	1' 20 "
						Utthita Parsvakona	8	1' 20 "
						Virabhadra I	14	1' 20 "
						Virabhadra II	15	1' 20 "
10 "		Virabhadrasana III	17			Virabhadrasana III	17	10 "
10 "		Ardha Chandra	19			Ardha Chandra	19	10 "
1'		Parivritta trikona	6			Parivritta trikona	6	1'
		Parivritta Parsvakona	10			Parivritta Parsvakona	10	
						Parsvottan	26	1' 20 "
10 "		Prasarita Padottan II	35			Prasarita Padottan I	33	1'
		Parigha	39			Prasarita Padottan II	35	10 "
40 "		Urdhva Prasarita Pada	276			Parigha	39	
2' 20 "		Sukha				Urdhva Prasarita Pada	276	40 "
						Sukha		2' 20 "
Les 17	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
		Paripurna Nava	78	Nauli	H.Y.P. II 33-34	Paripurna Nava	78	40 "
		Ardha Nava	79		Anahata Chakra	Ardha Nava	79	40 "

						Salamba Sarvanga I	223	1 ' 20 "
						Hala	244	1 ' 20 "
		Karnapida	246			Karnapida	246	
		Ekapada Sarvanga	250			Ekapada Sarvanga	250	
		Jatara Parivartan	274			Jatara Parivartan	274	
	2 ' 30 "	Sukha				Sava	592	1 ' 20 "
						Sukha		2 ' 30 "
Les 18	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
				Kapalabhati	H.Y.P. II 35-37	Namaskar		1 ' 30 "
				Gajakarani	H.Y.P. II 38	Tada	1	1 ' 30 "
					Vishuddhi Chakra	Vrksa	2	1 ' 30 "
						Utthita Trikona	4	1 ' 30 "
						Utthita Parsvakona	8	1 ' 30 "
						Virabhadra I	14	1 ' 30 "
						Virabhadra II	15	1 ' 30 "
	20 "	Virabhadrasana III	17			Virabhadrasana III	17	20 "
	20 "	Ardha Chandra	19			Ardha Chandra	19	20 "
	10 "	Parivritta Parsvakona	10			Parivritta trikona	6	1 ' 10 "
						Parivritta Parsvakona	10	10 "
						Parsvottan	26	1 ' 30 "
	20 "	Prasarita Padottan II	35			Prasarita Padottan I	33	1 ' 10 "
	10 "	Parigha	39			Prasarita Padottan II	35	20 "
	50 "	Urdhva Prasarita Pada	276			Parigha	39	10 "
	2 ' 40 "	Sukha				Urdhva Prasarita Pada	276	50 "
						Sukha		2 ' 40 "
Les 19	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
	50 "	Paripurna Nava	78	Dhauti	Sahasrara Chakra	Paripurna Nava	78	50 "
	50 "	Ardha Nava	79			Ardha Nava	79	50 "
				Pranayama	ritme	Salamba Sarvanga I	223	1 ' 30 "
				Nadi Sodhana	12/48/24/48	Hala	244	1 ' 30 "
	10 "	Karnapida	246			Karnapida	246	10 "
	10 "	Ekapada Sarvanga	250			Ekapada Sarvanga	250	10 "
	10 "	Jatara Parivartan	274			Jatara Parivartan	274	10 "
						Sava	592	1 ' 30 "
	2 ' 50 "	Sukha				Sukha		2 ' 50 "

			Pranayama	ritme		Vrksa	2	1 ' 50 "
			Nadi Sodhana	12/48/24/48		Utthita Trikona	4	1 ' 50 "
						Parivritta trikona	6	1 ' 30 "
						Utthita Parsvakona	8	1 ' 50 "
30 "	Parivritta Parsvakona	10				Parivritta Parsvakona	10	30 "
						Virabhadra I	14	1 ' 50 "
40 "	Virabhadrasana III	17				Virabhadra II	15	1 ' 50 "
40"	Ardha Chandra	19				Virabhadrasana III	17	40 "
						Ardha Chandra	19	40"
						Parsvottan	26	1 ' 50 "
40 "	Prasarita Padottan II	35				Prasarita Padottan I	33	1 ' 50 "
10 "	Padangustha	44				Prasarita Padottan II	35	40 "
10 "	Padahasta	46				Padangustha	44	10 "
3 ' 20 "	Sukha					Padahasta	46	10 "
						Sukha		3 ' 20 "
Les 23	tijd	Asana	ref. Kriya	Theorie	Asana's thuis	ref. tijd		
	10 "	Uttan	48 Neti	H.Y.P. I 1-10	Uttan	48	10 "	
	30 "	Parigha	39		Parigha	39	30 "	
			Pranayama	ritme	Urdhva Prasarita Pada	276	1 ' 10 "	
			Nadi Sodhana	16/64/32/64	Paripurna Nava	78	1 ' 10 "	
					Ardha Nava	79	1 ' 10 "	
					Salamba Sarvanga I	223	1 ' 50 "	
					Hala	244	1 ' 50 "	
30 "	Karnapida	246			Karnapida	246	30 "	
30 "	Ekapada Sarvanga	250			Ekapada Sarvanga	250	30 "	
30 "	Jatara Parivartan	274			Jatara Parivartan	274	30 "	
					Sava	592	1 ' 50 "	
3 ' 30 "	Sukha				Sukha		3 ' 30 "	
Les 24	tijd	Asana	ref. Kriya	Theorie	Asana's thuis	ref. tijd		
			Neti	H.Y.P. I 11-17	Namaskar		2 '	
			Pranayama	ritme	Tada	1	2 '	
			Nadi Sodhana	16/64/32/64	Vrksa	2	2 '	
					Utthita Trikona	4	2 '	
					Parivritta trikona	6	1 ' 40 "	
					Utthita Parsvakona	8	2 '	

	40 "	Parivritta Parsvakona	10			Parivritta Parsvakona	10	40 "
						Virabhadra I	14	2 '
						Virabhadra II	15	2 '
	50 "	Virabhadrasana III	17			Virabhadrasana III	17	50 "
	50"	Ardha Chandra	19			Ardha Chandra	19	50"
						Parsvottan	26	2 '
						Prasarita Padottan I	33	2 '
	50 "	Prasarita Padottan II	35			Prasarita Padottan II	35	50 "
	20 "	Padangustha	44			Padangustha	44	20 "
	3 ' 40 "	Sukha				Sukha		3 ' 40 "
Les 25	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
	20 "	Padahasta	46	Trataka	H.Y.P. I 18-32	Padahasta	46	20 "
	20 "	Uttan	48			Uttan	48	20 "
	40 "	Parigha	39	Pranayama	ritme	Parigha	39	40 "
				Nadi Sodhana	16/64/32/64	Urdhva Prasarita Pada	276	1 ' 20 "
						Paripurna Nava	78	1 ' 20 "
						Ardha Nava	79	1 ' 20 "
						Salamba Sarvanga I	223	2 '
						Hala	244	2 '
	40 "	Karnapida	246			Karnapida	246	40 "
	40 "	Ekapada Sarvanga	250			Ekapada Sarvanga	250	40 "
	40 "	Jatara Parivartan	274			Jatara Parivartan	274	40 "
						Sava	592	2 '
	3 ' 50 "	Sukha				Sukha		3 ' 50 "
Les 26	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
				Trataka	H.Y.P. I 33-49	Namaskar		2 ' 10 "
		Salamba Sirsa I	184			Salamba Sirsa I	184	
				Pranayama	ritme	Tada	1	2 ' 10 "
				Nadi Sodhana	16/64/32/64	Vrksa	2	2 ' 10 "
						Utthita Trikona	4	2 ' 10 "
						Parivritta trikona	6	1 ' 50 "
	50 "	Parivritta Parsvakona	10			Utthita Parsvakona	8	2 ' 10 "
						Parivritta Parsvakona	10	50 "
						Virabhadra I	14	2 ' 10 "
						Virabhadra II	15	2 ' 10 "

	1'	Virabhadrasana III	17			Virabhadrasana III	17	1'
	1'	Ardha Chandra	19			Ardha Chandra	19	1'
						Parsvottan	26	2' 10"
						Prasarita Padottan I	33	2' 10"
	1'	Prasarita Padottan II	35			Prasarita Padottan II	35	1'
	30"	Padangustha	44			Padangustha	44	30"
	30"	Padahasta	46			Padahasta	46	30"
	30"	Uttan	48			Uttan	48	30"
	50"	Parigha	39			Parigha	39	50"
		Salabha	60			Salabha	60	
	4'	Sukha				Sukha		4'
Les 27	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
		Dhanura	63	Nauli	H.Y.P. I 50-67	Dhanura	63	
		Bhujang I	73			Bhujang I	73	
				Pranayama	ritme	Urdhva Prasarita Pada	276	1' 30"
				Nadi Sodhana	20/80/40/80	Paripurna Nava	78	1' 30"
						Ardha Nava	79	1' 30"
						Salamba Sarvanga I	223	2' 10"
						Hala	244	2' 10"
	50"	Karnapida	246			Karnapida	246	50"
		Supta Kona	247			Supta Kona	247	
	1'	Ekapada Sarvanga	250			Ekapada Sarvanga	250	1'
	50"	Jatara Parivartan	274			Jatara Parivartan	274	50"
		Janusirsa	127			Janusirsa	127	
		Danda	77			Danda	77	
		Paschimottan	160			Paschimottan	160	
	4' 10"	Sukha				Sava	592	2' 10"
						Sukha		4' 10"
Les 28	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
				Nauli	Pratyahara	Namaskar		2' 20"
	10"	Salamba Sirsa I	184			Salamba Sirsa I	184	10"
				Pranayama	ritme	Tada	1	2' 20"
				Nadi Sodhana	20/80/40/80	Vrksa	2	2' 20"
						Utthita Trikona	4	2' 20"
						Parivritta trikona	6	2'

	1'	Parivritta Parsvakona	10				Utthita Parsvakona	8	2' 20"
							Parivritta Parsvakona	10	1'
							Virabhadra I	14	2' 20"
							Virabhadra II	15	2' 20"
							Virabhadrasana III	17	1' 10"
							Ardha Chandra	19	1' 10"
							Parsvottan	26	2' 20"
							Prasarita Padottan I	33	2' 20"
							Prasarita Padottan II	35	1' 20"
	40"	Padangustha	44				Padangustha	44	40"
	40"	Padahasta	46				Padahasta	46	40"
	40"	Uttan	48				Uttan	48	40"
	1'	Parigha	39				Parigha	39	1'
	10"	Salabha	60				Salabha	60	10"
	4' 20"	Sukha					Sukha		4' 20"
Les 29	tijd	Asana	ref.	Kriya		Theorie	Asana's thuis	ref.	tijd
	10"	Dhanura	63	Kapalabhati		Soorten Pratyahara	Dhanura	63	10"
	10"	Bhujang I	73				Bhujang I	73	10"
				Pranayama	ritme		Urdhva Prasarita Pada	276	1' 40"
				Nadi Sodhana	20/80/40/80		Paripurna Nava	78	1' 40"
							Ardha Nava	79	1' 40"
							Salamba Sarvanga I	223	2' 20"
							Halasana	244	2' 20"
	1'	Karnapida	246				Karnapida	246	1'
	10"	Supta Kona	247				Supta Kona	247	10"
							Ekapada Sarvanga	250	1' 10"
	1'	Jatara Parivartan	274				Jatara Parivartan	274	1'
	10"	Janusirsa	127				Janusirsa	127	10"
	10"	Danda	77				Danda	77	10"
	10"	Paschimottan	160				Paschimottan	160	10"
							Sava	592	2' 20"
	4' 30"	Sukha					Sukha		4' 30"
Les 30	tijd	Asana	ref.	Kriya		Theorie	Asana's thuis	ref.	tijd
	20"	Salamba Sirsa I	184	Kapalabhati		Yin-Yang model	Namaskar		2' 30"
							Salamba Sirsa I	184	20"

Pranayama ritme
Nadi Sodhana 20/80/40/80

Tada 1 2' 30"
Vrksa 2 2' 30"
Utthita Trikona 4 2' 30"
Parivrita trikona 6 2' 10"
Utthita Parsvakona 8 2' 30"
Parivrita Parsvakona 10 1' 10"
Virabhadra I 14 2' 30"
Virabhadra II 15 2' 30"
Virabhadrasana III 17 1' 20"
Ardha Chandra 19 1' 20"
Parsvottan 26 2' 30"
Prasarita Padottan I 33 2' 30"
Prasarita Padottan II 35 1' 30"
Padangustha 44 50"
Padahasta 46 50"
Uttan 48 50"
Urdhva Prasarita Ekapada 49
Utkata 42
Parigha 39 1' 10"
Ustra 41
Salabha 60 20"
Dhanura 63 20"
Chaturanga Danda 67
Sukha 4' 40"

Les 31 tijd Asana ref. Kriya Theorie
20 " Bhujang I 73 Gajakarani Kriya Yoga Y.S. II 1-2
Urdhva Mukha Svana 74
Adho Mukha Svana 75 Pranayama ritme
Vira 89 Nadi Sodhana 20/80/40/80

20 " Supta Kona 247
Parsva Hala 249

Parsvaikapada Sarvanga 251

Asana's thuis ref. tijd
Bhujang I 73 20"
Urdhva Mukha Svana 74
Adho Mukha Svana 75
Vira 89
Salamba Sarvanga I 223 2' 30"
Hala 244 2' 30"
Karnapida 246 1' 10"
Supta Kona 247 20"
Parsva Hala 249
Ekapada Sarvanga 250 1' 20"
Parsvaikapada Sarvanga 251

						Jatara Parivartan	274	1 ' 10 "
						Urdhva Prasarita Pada	276	1 ' 50 "
						Paripurna Nava	78	1 ' 50 "
						Ardha Nava	79	1 ' 50 "
	20 "	Janusirsa				Janusirsa	127	20 "
	20 "	Paschimottan				Paschimottan	160	20 "
		Purvottan				Purvottan	171	
		Siddha				Sava	592	2 ' 30 "
	4 ' 50 "	Sukha				Siddha	84	
						Sukha		4 ' 50 "
Les 32	tijd	Asana	ref.	Kriya	Theorie	Asana's thuis	ref.	tijd
				Gajakarani	Klesha's Y.S. II 3-15	Namaskar		2 ' 40 "
	30 "	Salamba Sirsa I		Pranayama		Salamba Sirsa I	184	30 "
				Nadi Sodhana	ritme	Tada	1	2 ' 40 "
					20/80/40/80	Vrksa	2	2 ' 40 "
						Utthita Trikona	4	2 ' 40 "
						Parivritta trikona	6	2 ' 20 "
						Utthita Parsvakona	8	2 ' 40 "
						Parivritta Parsvakona	10	1 ' 20 "
						Virabhadra I	14	2 ' 40 "
						Virabhadra II	15	2 ' 40 "
						Virabhadrasana III	17	1 ' 30 "
						Ardha Chandra	19	1 ' 30 "
						Parsvottan	26	2 ' 40 "
						Prasarita Padottan I	33	2 ' 40 "
						Prasarita Padottan II	35	1 ' 40 "
	1 '	Padangustha				Padangustha	44	1 '
	1 '	Padahasta				Padahasta	46	1 '
	1 '	Uttan				Uttan	48	1 '
	10 "	Urdhva Prasarita Ekapada				Urdhva Prasarita Ekapada	49	10 "
	10 "	Utkata				Utkata	42	10 "
	10 "	Ustra				Parigha	39	1 ' 20 "
	30 "	Salabha				Ustra	41	10 "
	30 "	Dhanura				Salabha	60	30 "
	10 "	Chaturanga Danda				Dhanura	63	30 "
						Chaturanga Danda	67	10 "

	30 "	Bhujang I	73				Bhujang I	73	30 "
	10 "	Urdhva Mukha Svana	74				Urdhva Mukha Svana	74	10 "
	5 '	Sukha					Sukha		5 '
Les 33	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	10 "	Adho Mukha Svana	75	Surya Bhedana	20/80/40/80	H.Y.P. II 48-50	Adho Mukha Svana	75	10 "
	10 "	Vira	89				Vira	89	10 "
							Salamba Sarvanga I	223	2 ' 40 "
							Hala	244	2 ' 40 "
							Karnapida	246	1 ' 20 "
	30 "	Supta Kona	247				Supta Kona	247	30 "
	10 "	Parsva Hala	249				Parsva Hala	249	10 "
							Ekapada Sarvanga	250	1 ' 30 "
	10 "	Parsvaikapada Sarvanga	251				Parsvaikapada Sarvanga	251	10 "
							Jatara Parivartan	274	1 ' 20 "
							Urdhva Prasarita Pada	276	2 '
							Paripurna Nava	78	2 '
							Ardha Nava	79	2 '
	30 "	Janusirsa	127				Janusirsa	127	30 "
	30 "	Paschimottan	160				Paschimottan	160	30 "
	10 "	Purvottan	171				Purvottan	171	10 "
							Sava	592	2 ' 40 "
	10 "	Siddha	84				Siddha	84	10 "
	5 ' 10 "	Sukha					Sukha		5 ' 10 "
Les 34	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Surya Bhedana	20/80/40/80	Klesha's Y.S. II 16-22	Namaskar		2 ' 50 "
							Tada	1	2 ' 50 "
							Vrksa	2	2 ' 50 "
	40 "	Salamba Sirsa I	184				Salamba Sirsa I	184	40 "
							Utthita Trikona	4	2 ' 50 "
							Parivritta Trikona	6	2 ' 30 "
							Utthita Parsvakona	8	2 ' 50 "
							Parivritta Parsvakona	10	1 ' 30 "
							Virabhadra I	14	2 ' 50 "
							Virabhadra II	15	2 ' 50 "
							Virabhadrasana III	17	1 ' 40 "

						Ardha Chandra	19	1 ' 40 "
						Parsvottan	26	2 ' 50 "
						Prasarita Padottan I	33	2 ' 50 "
						Prasarita Padottan II	35	1 ' 50 "
						Padangustha	44	1 ' 10 "
						Padahasta	46	1 ' 10 "
						Uttan	48	1 ' 10 "
20 "	Urdhva Prasarita Ekapada	49				Urdhva Prasarita Ekapada	49	20 "
20 "	Utkata	42				Utkata	42	20 "
20 "	Ustra	41				Parigha	39	1 ' 30 "
40 "	Salabha	60				Ustra	41	20 "
40 "	Dhanura	63				Salabha	60	40 "
20 "	Chaturanga Danda	67				Dhanura	63	40 "
40 "	Bhujang I	73				Chaturanga Danda	67	20 "
5 ' 20 "	Sukha					Bhujang I	73	40 "
						Sukha		5 ' 20 "

Les 35	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	20 "	Urdhva Mukha Svana	74	Ujjayi	20/80/40/80	H.Y.P. II 51-53	Urdhva Mukha Svana	74	20 "
	20 "	Adho Mukha Svana	75				Adho Mukha Svana	75	20 "
	20 "	Vira	89				Vira	89	20 "
							Salamba Sarvanga I	223	2 ' 50 "
							Hala	244	2 ' 50 "
							Karnapida	246	1 ' 30 "
40 "	Supta Kona	247					Supta Kona	247	40 "
20 "	Parsva Hala	249					Parsva Hala	249	20 "
							Ekapada Sarvanga	250	1 ' 40 "
20 "	Parsvaikapada Sarvanga	251					Parsvaikapada Sarvanga	251	20 "
							Jatara Parivartan	274	1 ' 30 "
							Urdhva Prasarita Pada	276	2 ' 10 "
							Paripurna Nava	78	2 ' 10 "
							Ardha Nava	79	2 ' 10 "
40 "	Janusirsa	127					Janusirsa	127	40 "
20 "	Danda	77					Danda	77	20 "
40 "	Paschimottan	160					Paschimottan	160	40 "
20 "	Purvottan	171					Purvottan	171	20 "
							Sava	592	2 ' 50 "

	20 "	Siddha	84				Siddha	84	20 "
	5 ' 30 "	Sukha					Sukha		5 ' 30 "
Les 36	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Ujjayi	20/80/40/80	Klesha's Y.S. II 23-28	Namaskar		2 ' 50 "
	40 "	Salamba Sirsa I	184				Salamba Sirsa I	184	40 "
		Parsva Sirsa	202				Parsva Sirsa	202	
		Ekapada Sirsa	208				Ekapada Sirsa	208	
		Salamba Sarvanga II	235				Salamba Sarvanga I	223	2 ' 50 "
		Niralamba Sarvanga I	236				Salamba Sarvanga II	235	
		Niralamba Sarvanga II	237				Niralamba Sarvanga I	236	
							Niralamba Sarvanga II	237	
							Hala	244	3 '
	50 "	Supta Kona	247				Karnapida	246	1 ' 40 "
	30 "	Parsva Hala	249				Supta Kona	247	50 "
							Parsva Hala	249	30 "
	30 "	Parsvaikapada Sarvanga	251				Ekapada Sarvanga	250	1 ' 50 "
							Parsvaikapada Sarvanga	251	30 "
							Urdhva Prasarita Pada	276	2 ' 20 "
	5 ' 40 "	Sukha					Sukha		5 ' 40 "
Les 37	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitkari	20/80/40/80	H.Y.P. II 54-56	Jatara Parivartan	275	1 ' 40 "
		Chakra	280				Chakra	280	
							Paripurna Nava	78	2 ' 20 "
	30 "	Utkata	42				Ardha Nava	79	2 ' 20 "
	30 "	Ustra	41				Utkata	42	30 "
	30 "	Vira	89				Ustra	41	30 "
	50 "	Salabha	60				Vira	89	30 "
	50 "	Dhanura	63				Salabha	60	50 "
	30 "	Chaturanga Danda	67				Dhanura	63	50 "
	5 ' 50 "	Sukha					Chaturanga Danda	67	30 "
							Sukha		5 ' 40 "
Les 38	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	50 "	Bhujang I	73	Sitkari	20/80/40/80	H.Y.P. II 57-58	Bhujang I	73	50 "
	30 "	Urdhva Mukha Svana	74				Urdhva Mukha Svana	74	30 "

	30 "	Adho Mukha Svana	75				Adho Mukha Svana	75	30 "
	50 "	Janusirsa	127				Janusirsa	127	50 "
		Triangmukhaikapada Paschim	139				Triangmukhaikapada Paschimottan	139	
		Ardha Baddha Padma Paschir	135				Ardha Baddha Padma Paschimottan	135	
		Marichy I	144				Marichy I	144	
		Marichy II	146				Marichy II	146	
	5 ' 50 "	Sukha					Sukha		5 ' 50 "
Les 39	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
		Ubhaya Padangustha	167	Sitali	20/80/40/80	Sambhavi Mudra	Ubhaya Padangustha	167	
		Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168	
	30 "	Danda	77				Danda	77	30 "
	50 "	Paschimottan	160				Paschimottan	160	50 "
	30 "	Purvottan	171				Purvottan	171	30 "
		Bharadwaja I	297				Bharadwaja I	297	
		Bharadwaja II	299				Bharadwaja II	299	
		Mala I	321				Mala I	321	
		Baddha Kona	102				Baddha Kona	102	
	30 "	Siddha	84				Siddha	84	30 "
	6 '	Sukha					Sava	592	3 '
							Sukha		6 '
Les 40	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitali	20/80/40/80	Sambhavi Mudra	Namaskar		3 '
	50 "	Salamba Sirsa I	184				Salamba Sirsa I	184	50 "
	10 "	Parsva Sirsa	202				Parsva Sirsa	202	10 "
	10 "	Ekapada Sirsa	208				Ekapada Sirsa	208	10 "
							Salamba Sarvanga I	223	3 '
	10 "	Salamba Sarvanga II	235				Salamba Sarvanga II	235	10 "
	10 "	Niralamba Sarvanga I	236				Niralamba Sarvanga I	236	10 "
	10 "	Niralamba Sarvanga II	237				Niralamba Sarvanga II	237	10 "
							Hala	244	3 ' 10 "
	1 '	Supta Kona	247				Karnapida	246	1 ' 50 "
	40 "	Parsva Hala	249				Supta Kona	247	1 '
	6 ' 10 "	Sukha					Parsva Hala	249	40 "
							Sukha		6 ' 10 "

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Les 1	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asan'as thuis	ref.	tijd
	40 "	Parsvaikapada Sarvanga	251	Surya Bhedana	20/80/40/80	H.Y.P. II 48-50	Ekapada Sarvanga	250	2 '
	10 "	Chakra	280	Mudra		herhaling	Parsvaikapada Sarvanga	251	40 "
	40 "	Utkata	42	Sambhavi		Dharana	Urdhva Prasarita Pada	276	2 ' 30 "
	40 "	Ustra	41	Nada			Jatara Parivartan	275	1 ' 50 "
Les 2	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	40 "	Vira	89	Surya Bhedana	20/80/40/80	Sambhavi Mudra	Vira	89	40 "
	1 '	Salabha	60	Mudra		herhaling	Salabha	60	1 '
	1 '	Dhanura	63	Sambhavi			Dhanura	63	1 '
	40 "	Chaturanga Danda	67	Nada	tijd		Chaturanga Danda	67	40 "
				10 '		Sukha		6 ' 20 "	
Les 3	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	1 '	Bhujang I	73	Ujjayi	20/80/40/80	H.Y.P. II 51-53	Bhujang I	73	1 '
	40 "	Urdhva Mukha Svana	74	Mudra		herhaling	Urdhva Mukha Svana	74	40 "
	40 "	Adho Mukha Svana	75	Sambhavi			Adho Mukha Svana	75	40 "
	10 "	Triangmukhaikapada Paschimottan	139	Nada	tijd		Janusirsa	127	1 '
				10 '		Triangmukhaikapada Paschimottan	139	10 "	
Les 4	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	10 "	Namaskar	135	Ujjayi	20/80/40/80	Yin-Yang model	Namaskar	135	10 "
	10 "	Ardha Baddha Padma Paschimottan	144	Mudra		herhaling	Ardha Baddha Padma Paschimottan	144	10 "
	10 "	Marichy I	146	Sambhavi			Marichy I	146	10 "
	10 "	Ubhaya Padangustha	167	Nada			Marichy II	146	10 "
						Ubhaya Padangustha	167	10 "	

	10 "	Urdhva Mukha Paschimottan I	168 Dharana	tijd		Urdhva Mukha Paschimottan I	168 10 "
	1 '	Paschimottan	160 Nada	10 '		Paschimottan	160 1 '
Les 5	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	40 "	Purvottan	171 Sitkari	20/80/40/80	H.Y.P. II 54-56	Purvottan	171 40 "
	10 "	Bharadwaja I	297		herhaling	Bharadwaja I	297 10 "
	10 "	Bharadwaja II	299 Mudra			Bharadwaja II	299 10 "
	10 "	Mala I	321 Sambhavi			Mala I	321 10 "
	10 "	Baddha Kona	102			Baddha Kona	102 10 "
	40 "	Siddha	84 Dharana	tijd		Siddha	84 40 "
			Nada	10 '		Sava	592 3 ' 10 "
Les 6	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitkari	20/80/40/80	Chakra's	Namaskar	3 ' 10 "
	1 '	Salamba Sirsa I	184		herhaling	Salamba Sirsa I	184 1 '
	20 "	Parsva Sirsa	202 Mudra			Parsva Sirsa	202 20 "
	20 "	Ekapada Sirsa	208 Sambhavi			Ekapada Sirsa	208 20 "
	20 "	Salamba Sarvanga II	235 Dharana	tijd		Salamba Sarvanga I	223 3 ' 10 "
	20 "	Niralamba Sarvanga I	236 Nada	10 '		Salamba Sarvanga II	235 20 "
	20 "	Niralamba Sarvanga II	237			Niralamba Sarvanga I	236 20 "
						Niralamba Sarvanga II	237 20 "
Les 7	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitali	20/80/40/80	H.Y.P. II 57-58	Hala	244 3 ' 20 "
			Mudra		herhaling	Karnapida	246 2 '
	50 "	Parsva Hala	249 Sambhavi			Supta Kona	247 1 ' 10 "
	50 "	Parsvaikapada Sarvanga	251 Dharana	tijd		Parsva Hala	249 50 "
			Nada	10 '		Ekapada Sarvanga	250 2 ' 10 "
	20 "	Chakra	280			Parsvaikapada Sarvanga	251 50 "
	50 "	Utkata	42			Urdhva Prasrita Pada	276 2 ' 40 "
	50 "	Ustra	41			Jatara Parivartan	275 2 '
	50 "	Vira	89			Chakra	280 20 "
						Paripurna Nava	78 2 ' 40 "
						Ardha Nava	79 2 ' 40 "
						Utkata	42 50 "
						Ustra	41 50 "
						Vira	89 50 "

	50 "	Chaturanga Danda	67			Salabha	60 1 ' 10 "
						Dhanura	63 1 ' 10 "
						Chaturanga Danda	67 50 "
						Bhujang I	73 1 ' 10 "
Les 8	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	50 "	Urdhva Mukha Svana	74 Sitali	20/80/40/80	W.Z. p 97-103	Urdhva Mukha Svana	74 50 "
	50 "	Adho Mukha Svana	75			Adho Mukha Svana	75 50 "
			Mudra			Janusirsa	127 1 ' 10 "
	20 "	Triangmukhaikapada Paschimottan	139 Sambhavi			Triangmukhaikapada Paschimottan	139 20 "
	20 "	Ardha Baddha Padma Paschimottan	135			Ardha Baddha Padma Paschimottan	135 20 "
	20 "	Marichy I	144 Dharana	tijd		Marichy I	144 20 "
	20 "	Marichy II	146 Nada	10 '		Marichy II	146 20 "
Les 9	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	20 "	Ubhaya Padangustha	167 Bhastrika	20/80/40/80	H.Y.P. II 59-67	Ubhaya Padangustha	167 20 "
	20 "	Urdhva Mukha Paschimottan I	168			Urdhva Mukha Paschimottan I	168 20 "
			Mudra			Paschimottan	160 1 ' 10 "
	50 "	Purvottan	171 Sambhavi			Purvottan	171 50 "
	20 "	Bharadwaja I	297			Bharadwaja I	297 20 "
	20 "	Bharadwaja II	299 Dharana	tijd		Bharadwaja II	299 20 "
	20 "	Mala I	321 Nada	10 '		Mala I	321 20 "
	20 "	Baddha Kona	102			Baddha Kona	102 20 "
	50 "	Siddha	84			Siddha	84 50 "
						Sava	592 3 ' 20 "
Les 10	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhastrika	20/80/40/80	W.Z. p 103-109	Namaskar	3 ' 20 "
	30 "	Parsva Sirsa	202 Mudra			Salamba Sirsa I	184 1 ' 10 "
	30 "	Ekapada Sirsa	208 Sambhavi			Parsva Sirsa	202 30 "
						Ekapada Sirsa	208 30 "
	30 "	Salamba Sarvanga II	235 Dharana	tijd		Salamba Sarvanga I	223 3 ' 20 "
	30 "	Niralamba Sarvanga I	236 Nada	10 '		Salamba Sarvanga II	235 30 "
	30 "	Niralamba Sarvanga II	237			Niralamba Sarvanga I	236 30 "
						Niralamba Sarvanga II	237 30 "
						Hala	244 3 ' 30 "
						Karnapida	246 2 ' 10 "

	1'	Parsva Hala	249			Supta Kona	247	1'	20"
						Parsva Hala	249	1'	
	1'	Parsvaikapada Sarvanga	251			Ekapada Sarvanga	250	2'	20"
						Parsvaikapada Sarvanga	251	1'	
						Urdhva Prasarita Pada	276	2'	50"
	30"	Chakra	280			Jatara Parivartan	275	2'	10"
						Chakra	280	30"	
Les 11	tijd	Asana	ref. Pranayama Bhramari	ritme 20/80/40/80	Theorie H.Y.P. II 68 W.Z. p 110-117	Asana's thuis Salabha Dhanura	ref. tijd		
	1'	Chaturanga Danda	67 Mudra Sambhavi			Chaturanga Danda Bhujang I	60	1'	20"
	1'	Urdhva Mukha Svana	74			Urdhva Mukha Svana	63	1'	20"
	1'	Adho Mukha Svana	75 Dharana Nada	tijd 14'		Adho Mukha Svana Janusirsa	67	1'	
	30"	Triangmukhaikapada Paschimottan	139			Triangmukhaikapada Paschimottan	73	1'	20"
	30"	Ardha Baddha Padma Paschimottan	135			Ardha Baddha Padma Paschimottan	74	1'	
	30"	Marichy I	144			Marichy I	75	1'	
	30"	Marichy II	146			Marichy II	127	1'	20"
	1'	Purvottan	171			Paschimottan	139	30"	
	30"	Ubhaya Padangustha	167			Purvottan	135	30"	
	30"	Urdhva Mukha Paschimottan I	168			Ubhaya Padangustha	144	30"	
						Urdhva Mukha Paschimottan I	146	30"	
							160	1'	20"
							171	1'	
							167	30"	
							168	30"	
Les 12	tijd	Asana	ref. Pranayama Bhramari	ritme 20/80/40/80	Theorie W.Z. p 117-123	Asana's thuis Lola Gomukha	ref. tijd		
		Lola	83			Lola	83		
		Gomukha	80			Gomukha	80		
		Simha I	109 Mudra			Simha I	109		
		Padma	104 Sambhavi			Padma	104		
			Dharana Nada	tijd 14'					
Les 13	tijd	Asana	ref. Pranayama Murcha	ritme 20/80/40/80	Theorie H.Y.P. II 69 W.Z. p 123-130	Asana's thuis Parvata Tola	ref. tijd		
		Parvata	107			Parvata	107		
		Tola	108			Tola	108		

	1'	Vira	89	Mudra		Vira	89	1'
		Supta Vira	96	Sambhavi		Supta Vira	96	
		Paryanka	97			Paryanka	97	
	1'	Ustra	41	Dharana	tijd	Ustra	41	1'
	1'	Utkata	42	Nada	14'	Utkata	42	1'
		Uttan				Uttan	48	1' 20"
	30"	Bharadwaja I	297			Bharadwaja I	297	30"
	30"	Bharadwaja II	299			Bharadwaja II	299	30"
Les 14	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
		Marichy III	303	Murcha	20/80/40/80	W.Z. p 130-136	Marichy III	303
		Ardha Matsyendra I	311				Ardha Matsyendra I	311
	30"	Mala I	321	Mudra			Mala I	321 30"
	30"	Baddha Kona	102	Sambhavi			Baddha Kona	102 30"
	1'	Siddha	84				Siddha	84 1'
				Dharana	tijd		Sava	592 3' 30"
				Nada	14'		Namaskar	3' 30"
							Salamba Sirsa I	184 1' 20"
	40"	Parsva Sirsa	202				Parsva Sirsa	202 40"
	40"	Ekapada Sirsa	208				Ekapada Sirsa	208 40"
							Salamba Sarvanga I	223 3' 30"
	40"	Salamba Sarvanga II	235				Salamba Sarvanga II	235 40"
	40"	Niralamba Sarvanga I	236				Niralamba Sarvanga I	236 40"
	40"	Niralamba Sarvanga II	237				Niralamba Sarvanga II	237 40"
							Hala	244 3' 40"
							Karnapida	246 2' 20"
							Supta Kona	247 1' 30"
							Parsva Hala	249 1' 10"
							Ekapada Sarvanga	250 2' 30"
							Parsvaikapada Sarvanga	251 1' 10"
Les 15	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Plavini	20/80/40/80	H.Y.P. II 70-78	Urdhva Prasarita Pada	276 3'
						W.Z. p 137-141	Jatara Parivartan	275 2' 20"
	40"	Chakra	280	Mudra			Chakra	280 40"
				Sambhavi			Salabha	60 1' 30"
							Dhanura	63 1' 30"

			Dharana	tijd		Chaturanga Danda	67	1 ' 10 "
			Nada	14 '		Bhujang I	73	1 ' 30 "
						Urdhva Mukha Svana	74	1 ' 10 "
						Adho Mukha Svana	75	1 ' 10 "
						Janusirsa	127	1 ' 30 "
	40 "	Triangmukhaikapada Paschimottan	139			Triangmukhaikapada Paschimottan	139	40 "
	40 "	Ardha Baddha Padma Paschimottan	135			Ardha Baddha Padma Paschimottan	135	40 "
	1 '	Siddha	84			Siddha	84	1 '
Les 16	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	40 "	Marichy I	144 Plavini	20/80/40/80	W.Z. p 141-144	Marichy I	144	40 "
	40 "	Marichy II	146			Marichy II	146	40 "
			Mudra			Paschimottan	160	1 ' 30 "
	40 "	Ubhaya Padangustha	167 Sambhavi			Ubhaya Padangustha	167	40 "
	40 "	Urdhva Mukha Paschimottan I	168			Urdhva Mukha Paschimottan I	168	40 "
	10 "	Lola	83 Dharana	tijd		Lola	83	10 "
	10 "	Gomukha	80 Nada	14 '		Gomukha	80	10 "
	10 "	Simha I	109			Simha I	109	10 "
Les 17	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	10 "	Padma	104 Nadi Sodhana	24/92/48/92	W.Z. p 144-154	Padma	104	10 "
	10 "	Parvata	107			Parvata	107	10 "
	10 "	Tola	108 Mudra			Tola	108	10 "
			Sambhavi			Vira	89	1 ' 10 "
	10 "	Supta Vira	96			Supta Vira	96	10 "
	10 "	Paryanka	97 Dharana	tijd		Paryanka	97	10 "
			Nada	14 '		Ustra	41	1 ' 10 "
						Utkata	42	1 ' 10 "
						Uttan	48	1 ' 30 "
	40 "	Bharadwaja I	297			Bharadwaja I	297	40 "
	40 "	Bharadwaja II	299			Bharadwaja II	299	40 "
	10 "	Marichy III	303			Marichy III	303	10 "
	10 "	Ardha Matsyendra I	311			Ardha Matsyendra I	311	10 "
Les 18	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	40 "	Mala I	321 Nadi Sodhana	24/92/48/92	W.Z. p 155-162	Mala I	321	40 "
	40 "	Baddha Kona	102			Baddha Kona	102	40 "

			Mudra Sambhavi	
50 "	Parsva Sirsa	202	Dharana	tijd
50 "	Ekapada Sirsa	208	Nada	14 '
50 "	Salamba Sarvanga II	235		
50 "	Niralamba Sarvanga I	236		
50 "	Niralamba Sarvanga II	237		

50 "	Chakra	280		
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Sava	592 3 ' 40 "
Namaskar	3 ' 40 "
Salamba Sirsa I	184 1 ' 30 "
Parsva Sirsa	202 50 "
Ekapada Sirsa	208 50 "
Salamba Sarvanga I	223 3 ' 40 "
Salamba Sarvanga II	235 50 "
Niralamba Sarvanga I	236 50 "
Niralamba Sarvanga II	237 50 "
Hala	244 3 ' 50 "
Karnapida	246 2 ' 30 "
Supta Kona	247 1 ' 40 "
Parsva Hala	249 1 ' 20 "
Ekapada Sarvanga	250 2 ' 40 "
Parsvaikapada Sarvanga	251 1 ' 20 "
Urdhva Prasarita Pada	276 3 ' 10 "
Jatara Parivartan	275 2 ' 30 "
Chakra	280 50 "
Salabha	60 1 ' 40 "
Dhanura	63 1 ' 40 "
Chaturanga Danda	67 1 ' 20 "
Bhujang I	73 1 ' 40 "
Urdhva Mukha Svana	74 1 ' 20 "
Adho Mukha Svana	75 1 ' 20 "
Janusirsa	127 1 ' 40 "

Les 19	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	50 "	Triangmukhaikapada Paschimottan	139	Surya Bhedana	24/92/48/92	W.Z. p 163-166	Triangmukhaikapada Paschimottan	139	50 "
	50 "	Ardha Baddha Padma Paschimottan	135				Ardha Baddha Padma Paschimottan	135	50 "
	50 "	Marichy I	144	Mudra			Marichy I	144	50 "
	50 "	Marichy II	146	Sambhavi			Marichy II	146	50 "
							Paschimottan	160	1 ' 40 "
	50 "	Ubhaya Padangustha	167	Dharana	tijd		Ubhaya Padangustha	167	50 "
	50 "	Urdhva Mukha Paschimottan I	168	Nada	14 '		Urdhva Mukha Paschimottan I	168	50 "
	20 "	Lola	83				Lola	83	20 "
	20 "	Gomukha	80				Gomukha	80	20 "
	20 "	Simha I	109				Simha I	109	20 "

	20 "	Padma	104			Padma	104	20 "
	20 "	Parvata	107			Parvata	107	20 "
	20 "	Tola	108			Tola	108	20 "
Les 20	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd	
			Surya Bhedana	24/92/48/92	W.Z. p 166-176	Vira	89	1 ' 20 "
	20 "	Supta Vira	96			Supta Vira	96	20 "
	20 "	Paryanka	97	Mudra		Paryanka	97	20 "
				Sambhavi		Ustra	41	1 ' 20 "
						Utkata	42	1 ' 20 "
				Dharana	tijd	Uttan	48	1 ' 40 "
	50 "	Bharadwaja I	297	Nada	14 '	Bharadwaja I	297	50 "
	50 "	Bharadwaja II	299			Bharadwaja II	299	50 "
	20 "	Marichy III	303			Marichy III	303	20 "
	20 "	Ardha Matsyendra I	311			Ardha Matsyendra I	311	20 "
	50 "	Mala I	321			Mala I	321	50 "
	50 "	Baddha Kona	102			Baddha Kona	102	50 "
						Sava	592	3 ' 50 "
						Namaskar		3 ' 50 "
	1 '	Parsva Sirsa	202			Salamba Sirsa I	184	1 ' 40 "
	1 '	Ekapada Sirsa	208			Parsva Sirsa	202	1 '
						Ekapada Sirsa	208	1 '
Les 21	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd	
			Ujjayi	24/92/48/92	W.Z. p 176-186	Salamba Sarvanga I	223	3 ' 50 "
	1 '	Salamba Sarvanga II	235			Salamba Sarvanga II	235	1 '
	1 '	Niralamba Sarvanga I	236	Mudra		Niralamba Sarvanga I	236	1 '
	1 '	Niralamba Sarvanga II	237	Sambhavi		Niralamba Sarvanga II	237	1 '
						Hala	244	4 '
				Dharana	tijd	Karnapida	246	2 ' 40 "
				Nada	14 '	Supta Kona	247	1 ' 50 "
						Parsva Hala	249	1 ' 30 "
						Ekapada Sarvanga	250	2 ' 50 "
						Parsvaikapada Sarvanga	251	1 ' 30 "
						Urdhva Prasarita Pada	276	3 ' 20 "
						Jatara Parivartan	275	2 ' 40 "
	1 '	Chakra	280			Chakra	280	1 '

					Salabha	60 1' 50"	
					Dhanura	63 1' 50"	
					Chaturanga Danda	67 1' 30"	
					Bhujang I	73 1' 50"	
					Urdhva Mukha Svana	74 1' 30"	
					Adho Mukha Svana	75 1' 30"	
					Janusirsa	127 1' 50"	
1'	Triangmukhaikapada Paschimottan	139			Triangmukhaikapada Paschimottan	139 1'	
1'	Ardha Baddha Padma Paschimottan	135			Ardha Baddha Padma Paschimottan	135 1'	
1'	Marichy I	144			Marichy I	144 1'	
1'	Marichy II	146			Marichy II	146 1'	
					Paschimottan	160 1' 50"	
1'	Ubhaya Padangustha	167			Ubhaya Padangustha	167 1'	
1'	Urdhva Mukha Paschimottan I	168			Urdhva Mukha Paschimottan I	168 1'	
30"	Lola	83			Lola	83 30"	
Les 22	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	30"	Gomukha	80 Ujjayi	24/92/48/92	W.Z. p 186-200	Gomukha	80 30"
	30"	Simha I	109			Simha I	109 30"
	30"	Padma	104 Mudra			Padma	104 30"
	30"	Parvata	107 Sambhavi			Parvata	107 30"
	30"	Tola	108			Tola	108 30"
			Dharana	tijd		Vira	89 1' 30"
	30"	Supta Vira	96 Nada	14'		Supta Vira	96 30"
	30"	Paryanka	97			Paryanka	97 30"
Les 23	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitkari	24/92/48/92	W.Z. p 201-206	Ustra	41 1' 30"
			Mudra			Utkata	42 1' 30"
						Uttan	48 1' 50"
1'	Bharadwaja I	297	Sambhavi			Bharadwaja I	297 1'
1'	Bharadwaja II	299				Bharadwaja II	299 1'
30"	Marichy III	303	Dharana	tijd		Marichy III	303 30"
30"	Ardha Matsyendra I	311	Nada	14'		Ardha Matsyendra I	311 30"
1'	Mala I	321				Mala I	321 1'
1'	Baddha Kona	102				Baddha Kona	102 1'
						Sava	592 4'

					Namaskar	4'	
					Salamba Sirsa I	184 1' 50"	
					Parsva Sirsa	202 1' 10"	
					Ekapada Sirsa	208 1' 10"	
	Urdhva Padma in Sirsa	211			Urdhva Padma in Sirsa	211	
	Pinda in Sirsa	218			Pinda in Sirsa	218	
Les 24	tijd	Asana	ref. Pranayama Sitkari	ritme 24/92/48/92	Theorie W.Z. p 207-218	Asana's thuis	ref. tijd
			Mudra Sambhavi			Salamba Sarvanga I	223 4'
						Salamba Sarvanga II	235 1' 10"
						Niralamba Sarvanga I	236 1' 10"
						Niralamba Sarvanga II	237 1' 10"
			Dharana	tijd		Hala	244 4' 10"
			Nada	14'		Karnapida	246 2' 50"
						Supta Kona	247 2'
						Parsva Hala	249 1' 40"
						Ekapada Sarvanga	250 3'
						Parsvaikapada Sarvanga	251 1' 40"
	Urdhva Padma in Sarvanga	261				Urdhva Padma in Sarvanga	261
	Pinda in Sarvanga	269				Pinda in Sarvanga	269
						Jatara Parivartan	275 2' 50"
						Paripurna Nava	78 2' 50"
						Ardha Nava	79 2' 50"
						Janusirsa	127 2'
						Triangmukhaikapada Paschimottan	139 1' 10"
						Ardha Baddha Padma Paschimottan	135 1' 10"
						Marichy I	144 1' 10"
						Paschimottan	160 2'
						Urdhva Mukha Paschimottan I	168 1' 10"
	40"	Gomukha	80			Gomukha	80 40"
	40"	Lola	83			Lola	83 40"
	40"	Simha I	109			Simha I	109 40"
	40"	Padma	104			Padma	104 40"
	40"	Parvata	107			Parvata	107 40"
Les 25	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	40"	Tola	108 Sitali	24/92/48/92	W.Z. p 218-227	Tola	108 40"

	Matsya	113			Matsya	113
			Mudra		Vira	89 1' 40"
40 "	Supta Vira	96	Sambhavi		Supta Vira	96 40"
40 "	Paryanka	97			Paryanka	97 40"
40 "	Marichy III	303	Dharana	tijd	Marichy III	303 40"
40 "	Ardha Matsyendra I	311	Nada	14'	Ardha Matsyendra I	311 40"
					Baddha Kona	102 1' 10"
					Adho Mukha Svana	75 1' 40"
					Urdhva Mukha Svana	74 1' 40"
					Chaturanga Danda	67 1' 40"
					Salabha	60 2'
					Dhanura	63 2'
					Ustra	41 1' 40"
					Utkata	42 1' 40"
					Uttan	48 2'
	Garuda	56			Garuda	56
					Sava	592 4' 10"
Les 26	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis
tijd			Sitali	24/92/48/92	W.Z. p 227-233	ref. tijd
						Namaskar
			Mudra			4' 10"
			Sambhavi			Salamba Sirsa I
10 "	Urdhva Padma in Sirsa	211				184 2'
10 "	Pinda in Sirsa	218	Dharana	tijd		Parsva Sirsa
			Nada	14'		202 1' 20"
						Ekapada Sirsa
						208 1' 20"
						Urdhva Padma in Sirsa
						211 10"
						Pinda in Sirsa
						218 10"
						Salamba Sarvanga I
						223 4' 10"
						Salamba Sarvanga II
						235 1' 20"
						Niralamba Sarvanga I
						236 1' 20"
						Niralamba Sarvanga II
						237 1' 20"
						Hala
						244 4' 20"
						Karnapida
						246 3'
						Supta Kona
						247 2' 10"
						Parsva Hala
						249 1' 50"
						Ekapada Sarvanga
						250 3' 10"
						Parsvaikapada Sarvanga
10 "	Urdhva Padma in Sarvanga	261				251 1' 50"
10 "	Pinda in Sarvanga	269				Urdhva Padma in Sarvanga
						261 10"
						Pinda in Sarvanga
						269 10"

						Jatara Parivartan	275 3'
						Paripurna Nava	78 3'
						Ardha Nava	79 3'
						Janusirsa	127 2' 10"
						Triangmukhaikapada Paschimottan	139 1' 20"
						Ardha Baddha Padma Paschimottan	135 1' 20"
						Marichy I	144 1' 20"
						Paschimottan	160 2' 10"
						Urdhva Mukha Paschimottan I	168 1' 20"
	50 "	Gomukha	80			Gomukha	80 50 "
	50 "	Lola	83			Lola	83 50 "
	50 "	Simha I	109			Simha I	109 50 "
Les 27	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	50 "	Padma	104 Bhastrika	24/92/48/92	W.Z. p 234-243	Padma	104 50 "
	50 "	Parvata	107			Parvata	107 50 "
	50 "	Tola	108 Mudra			Tola	108 50 "
	10 "	Matsya	113 Sambhavi			Matsya	113 10 "
	50 "	Supta Vira	96 Dharana	tijd		Supta Vira	89 1' 50 "
	50 "	Paryanka	97 Nada	14'		Paryanka	96 50 "
	50 "	Marichy III	303			Marichy III	97 50 "
	50 "	Ardha Matsyendra I	311			Ardha Matsyendra I	303 50 "
						Baddha Kona	311 50 "
						Adho Mukha Svana	102 1' 20 "
						Urdhva Mukha Svana	75 1' 50 "
						Chaturanga Danda	74 1' 50 "
						Salabha	67 1' 50 "
						Dhanura	60 2' 10 "
						Ustra	63 2' 10 "
						Utkata	41 1' 50 "
						Uttan	42 1' 50 "
	10 "	Garuda	56			Garuda	48 2' 10 "
						Sava	56 10 "
							592 4' 20 "
Les 28	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhastrika	24/92/48/92	W.Z. p 243-248	Namaskar	4' 20 "

			Mudra			Salamba Sirsa I	184 2' 10"
			Sambhavi			Parsva Sirsa	202 1' 30"
20"	Urdhva Padma in Sirsa	211				Ekapada Sirsa	208 1' 30"
20"	Pinda in Sirsa	218	Dharana	tijd		Urdhva Padma in Sirsa	211 20"
			Nada	14'		Pinda in Sirsa	218 20"
						Salamba Sarvanga I	223 4' 20"
						Salamba Sarvanga II	235 1' 30"
						Niralamba Sarvanga I	236 1' 30"
						Niralamba Sarvanga II	237 1' 30"
						Hala	244 4' 30"
						Karnapida	246 3' 10"
						Supta Kona	247 2' 20"
						Parsva Hala	249 2'
						Ekapada Sarvanga	250 3' 20"
						Parsvaikapada Sarvanga	251 2'
20"	Urdhva Padma in Sarvanga	261				Urdhva Padma in Sarvanga	261 20"
20"	Pinda in Sarvanga	269				Pinda in Sarvanga	269 20"
						Jatara Parivartan	275 3' 10"
						Paripurna Nava	78 3' 10"
						Ardha Nava	79 3' 10"
						Janusirsa	127 2' 20"
						Triangmukhaikapada Paschimottan	139 1' 30"
						Ardha Baddha Padma Paschimottan	135 1' 30"
						Marichy I	144 1' 30"
						Paschimottan	160 2' 20"
						Urdhva Mukha Paschimottan I	168 1' 30"
1'	Gomukha	80				Gomukha	80 1'
1'	Lola	83				Lola	83 1'
1'	Simha I	109				Simha I	109 1'
Les 29	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	1'	Padma	104 Bhramari	24/92/48/92	W.Z. p 248-255	Padma	104 1'
	1'	Parvata	107			Parvata	107 1'
	1'	Tola	108 Mudra			Tola	108 1'
	20"	Matsya	113 Sambhavi			Matsya	113 20"
	1'	Supta Vira	96 Dharana	tijd		Vira	89 2'
						Supta Vira	96 1'

1'	Paryanka	97	Nada	18'		Paryanka	97	1'
1'	Marichy III	303				Marichy III	303	1'
1'	Ardha Matsyendra I	311				Ardha Matsyendra I	311	1'
						Baddha Kona	102	1' 30"
						Adho Mukha Svana	75	2'
						Urdhva Mukha Svana	74	2'
						Chaturanga Danda	67	2'
						Salabha	60	2' 20"
						Dhanura	63	2' 20"
						Ustra	41	2'
						Utkata	42	2'
						Uttan	48	2' 20"
20"	Garuda	56				Garuda	56	20"
						Sava	592	4' 30"
Les 30	tijd	Asana	ref. Pranayama Bhramari	ritme 24/92/48/92	Theorie W.Z. p 255-261	Asana's thuis	ref.	tijd
						Namaskar		4' 30"
						Salamba Sirsa I	184	2' 20"
			Mudra			Parsva Sirsa	202	1' 40"
			Sambhavi			Ekapada Sirsa	208	1' 40"
30"		Urdhva Padma in Sirsa	211			Urdhva Padma in Sirsa	211	30"
30"		Pinda in Sirsa	218	Dharana	tijd	Pinda in Sirsa	218	30"
				Nada	18'	Salamba Sarvanga I	223	4' 30"
						Salamba Sarvanga II	235	1' 40"
						Niralamba Sarvanga I	236	1' 40"
						Niralamba Sarvanga II	237	1' 40"
						Hala	244	4' 40"
						Karnapida	246	3' 20"
						Supta Kona	247	2' 30"
						Parsva Hala	249	2' 10"
						Ekapada Sarvanga	250	3' 20"
						Parsvaikapada Sarvanga	251	2' 10"
30"		Urdhva Padma in Sarvanga	261			Urdhva Padma in Sarvanga	261	30"
30"		Pinda in Sarvanga	269			Pinda in Sarvanga	269	30"
						Jatara Parivartan	275	3' 20"
						Paripurna Nava	78	3' 20"
						Ardha Nava	79	3' 20"

					Janusirsa	127 2 ' 30 "	
					Triangmukhaikapada Paschimottan	139 1 ' 40 "	
					Ardha Baddha Padma Paschimottan	135 1 ' 40 "	
					Marichy I	144 1 ' 40 "	
					Paschimottan	160 2 ' 30 "	
					Urdhva Mukha Paschimottan I	168 1 ' 40 "	
					Gomukha	80 1 ' 10 "	
					Lola	83 1 ' 10 "	
					Simha I	109 1 ' 10 "	
					Padma	104 1 ' 10 "	
					Parvata	107 1 ' 10 "	
					Tola	108 1 ' 10 "	
30 "	Matsya	113			Matsya	113 30 "	
					Vira	89 2 ' 10 "	
					Supta Vira	96 1 ' 10 "	
					Paryanka	97 1 ' 10 "	
					Marichy III	303 1 ' 10 "	
					Ardha Matsyendra I	311 1 ' 10 "	
					Baddha Kona	102 1 ' 40 "	
					Adho Mukha Svana	75 2 ' 10 "	
					Urdhva Mukha Svana	74 2 ' 10 "	
					Chaturanga Danda	67 2 ' 10 "	
					Salabha	60 2 ' 30 "	
					Dhanura	63 2 ' 30 "	
					Ustra	41 2 ' 10 "	
					Utkata	42 2 ' 10 "	
					Uttan	48 2 ' 30 "	
30 "	Garuda	56			Garuda	56 30 "	
					Sava	592 4 ' 40 "	
Les 31	tijd	Asana	ref. Pranayama Murcha	ritme 24/92/48/92	Theorie W.Z. p 261-265	Asana's thuis Namaskar Salamba Sirsa I Parsva Sirsa Ekapada Sirsa Urdhva Padma in Sirsa Pinda in Sirsa	ref. tijd 4 ' 40 " 184 2 ' 30 " 202 1 ' 50 " 208 1 ' 50 " 211 40 " 218 40 "
40 "		Urdhva Padma in Sirsa	211				
40 "		Pinda in Sirsa	218	Dharana	tijd		

		Nada	18'		
				Salamba Sarvanga I	223 4' 40"
				Salamba Sarvanga II	235 1' 50"
				Niralamba Sarvanga I	236 1' 50"
				Niralamba Sarvanga II	237 1' 50"
				Hala	244 4' 50"
				Karnapida	246 3' 30"
				Supta Kona	247 2' 40"
				Parsva Hala	249 2' 20"
				Ekapada Sarvanga	250 3' 30"
				Parsvaikapada Sarvanga	251 2' 20"
40"	Urdhva Padma in Sarvanga	261		Urdhva Padma in Sarvanga	261 40"
40"	Pinda in Sarvanga	269		Pinda in Sarvanga	269 40"
				Jatara Parivartan	275 3' 30"
				Paripurna Nava	78 3' 30"
				Ardha Nava	79 3' 30"
				Janusirsa	127 2' 40"
				Triangmukhaikapada Paschimottan	139 1' 50"
				Ardha Baddha Padma Paschimottan	135 1' 50"
				Marichy I	144 1' 50"
				Paschimottan	160 2' 40"
				Urdhva Mukha Paschimottan I	168 1' 50"
				Gomukha	80 1' 20"
				Lola	83 1' 20"
				Simha I	109 1' 20"
				Padma	104 1' 20"
				Parvata	107 1' 20"
				Tola	108 1' 20"
40"	Matsya	113		Matsya	113 40"
				Vira	89 2' 20"
				Supta Vira	96 1' 20"
				Paryanka	97 1' 20"
				Marichy III	303 1' 20"
				Ardha Matsyendra I	311 1' 20"
				Baddha Kona	102 1' 50"
				Adho Mukha Svana	75 2' 20"
				Urdhva Mukha Svana	74 2' 20"
				Chaturanga Danda	67 2' 20"

					Salabha	60 2' 40"	
					Dhanura	63 2' 40"	
					Ustra	41 2' 20"	
					Utkata	42 2' 20"	
					Uttan	48 2' 40"	
40 "	Garuda	56			Garuda	56 40 "	
					Sava	592 4' 50 "	
					Salamba Sirsa I	184 2' 40 "	
	Urdhva Danda	188			Urdhva Danda	188	
Les 32	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Murcha	24/92/48/92	W.Z. p 265-270	Parsva Sirsa	202 2'
		Parivrittaika Pada Sirsa	206			Parivrittaika Pada Sirsa	206
			Mudra			Ekapada Sirsa	208 2'
		Parsvaikapada Sirsa	210 Sambhavi			Parsvaikapada Sirsa	210
50 "		Urdhva Padma in Sirsa	211			Urdhva Padma in Sirsa	211 50 "
		Parsva Urdhva Padma	215 Dharana	tijd		Parsva Urdhva Padma	215
50 "		Pinda in Sirsa	218 Nada	18'		Pinda in Sirsa	218 50 "
						Salamba Sarvanga I	223 4' 50 "
						Salamba Sarvanga II	235 2'
						Niralamba Sarvanga I	236 2'
						Niralamba Sarvanga II	237 2'
						Hala	244 5'
						Karnapida	246 3' 40 "
						Supta Kona	247 2' 50 "
						Parsva Hala	249 2' 30 "
						Ekapada Sarvanga	250 3' 40 "
						Parsvaikapada Sarvanga	251 2' 30 "
Les 33	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
50 "		Urdhva Padma in Sarvanga	261 Plavini	24/92/48/92	W.Z. p 271-274	Urdhva Padma in Sarvanga	261 50 "
50 "		Pinda in Sarvanga	269			Pinda in Sarvanga	269 50 "
		Parsva Pinda in Sarvanga	270 Mudra			Parsva Pinda in Sarvanga	270
		Setubandha Sarvanga	259 Sambhavi			Setubandha Sarvanga	259
		Ekapada Setubandha Sarvanga	260			Ekapada Setubandha Sarvanga	260
			Dharana	tijd		Jatara Parivartan	275 3' 40 "
		Supta Padangustha	285 Nada	18'		Supta Padangustha	285

10 "	Parivrittaika Pada Sirsa	206			Parsva Sirsa	202 2 ' 10 "
					Parivrittaika Pada Sirsa	206 10 "
					Ekapada Sirsa	208 2 ' 10 "
10 "	Parsvaikapada Sirsa	210			Parsvaikapada Sirsa	210 10 "
1 '	Urdhva Padma in Sirsa	211			Urdhva Padma in Sirsa	211 1 '
10 "	Parsva Urdhva Padma	215			Parsva Urdhva Padma	215 10 "
1 '	Pinda in Sirsa	218			Pinda in Sirsa	218 1 '
					Salamba Sarvanga I	223 5 '
					Salamba Sarvanga II	235 2 ' 10 "
					Niralamba Sarvanga I	236 2 ' 10 "
					Niralamba Sarvanga II	237 2 ' 10 "
Les 36 tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
		Surya Bhedana	28/112/56/112	Y.S. I 1-3	Hala	244 5 ' 10 "
		Mudra			Karnapida	246 3 ' 50 "
		Sambhavi			Supta Kona	247 3 '
		Dharana	tijd		Parsva Hala	249 2 ' 40 "
1 '	Urdhva Padma in Sarvanga	261	Nada	18 '	Ekapada Sarvanga	250 3 ' 50 "
1 '	Pinda in Sarvanga	269			Parsvaikapada Sarvanga	251 2 ' 40 "
10 "	Parsva Pinda in Sarvanga	270			Urdhva Padma in Sarvanga	261 1 '
10 "	Setubandha Sarvanga	259			Pinda in Sarvanga	269 1 '
10 "	Ekapada Setubandha Sarvanga	260			Parsva Pinda in Sarvanga	270 10 "
					Setubandha Sarvanga	259 10 "
					Ekapada Setubandha Sarvanga	260 10 "
10 "	Supta Padangustha	285			Jatara Parivartan	275 3 ' 50 "
					Supta Padangustha	285 10 "
					Chakra	280 1 ' 20 "
					Paripurna Nava	78 3 '
					Ardha Nava	79 3 '
					Ustra	41 2 ' 40 "
					Vira	89 2 ' 40 "
					Supta Vira	96 1 ' 40 "
					Paryanka	97 1 ' 40 "
					Janusirsa	127 3 '
					Ardha Baddha Padma Paschimottan	135 2 ' 10 "
					Triangmukhaikapada Paschimottan	139 2 ' 10 "
10 "	Krouncha	141			Krouncha	141 10 "

					Marichy I	144	2 ' 10 "
					Paschimottan	160	3 '
					Padma	104	1 ' 40 "
					Parvata	107	1 ' 40 "
					Tola	108	1 ' 40 "
					Simha I	109	1 ' 40 "
	1 '	Matsya	113		Matsya	113	1 '
Les 37	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	10 "	Kukkuta	115 Surya Bhedana	28/112/56/112	Y.S. I 4-11	Kukkuta	115 10 "
	10 "	Garbha Pinda	116			Garbha Pinda	116 10 "
	10 "	Baddha Padma	118 Mudra			Baddha Padma	118 10 "
	10 "	Upavista Kona	151 Sambhavi			Upavista Kona	151 10 "
	10 "	Akarna Dhanura	173			Akarna Dhanura	173 10 "
			Dharana	tijd		Baddha Kona	102 2 ' 10 "
			Nada	18 '		Marichy III	303 1 ' 40 "
						Ardha Matsyendra I	311 1 ' 40 "
						Salabha	60 3 '
	10 "	Parsva Dhanura	64			Dhanura	63 3 '
						Parsva Dhanura	64 10 "
						Uttan	48 3 '
						Sava	592 5 ' 10 "
Les 38	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	20 "	Urdhva Danda	Ujjayi	28/112/56/112	Y.S. I 11-16	Salamba Sirsa I	184 3 '
			Mudra			Urdhva Danda	188 20 "
			Sambhavi			Parsva Sirsa	202 2 ' 20 "
			Dharana	tijd		Parivrittaika Pada Sirsa	206 20 "
			Nada	18 '		Ekapada Sirsa	208 2 ' 20 "
	20 "	Parsva Urdhva Padma	215			Parsvaikapada Sirsa	210 20 "
						Urdhva Padma in Sirsa	211 1 ' 10 "
						Parsva Urdhva Padma	215 20 "
						Salamba Sarvanga I	223 5 ' 10 "
						Salamba Sarvanga II	235 2 ' 20 "
						Niralamba Sarvanga I	236 2 ' 20 "
						Niralamba Sarvanga II	237 2 ' 20 "
						Hala	244 5 ' 20 "

					Karnapida	246 4'	
					Supta Kona	247 3' 10"	
					Parsva Hala	249 2' 50"	
					Ekapada Sarvanga	250 4'	
					Parsvaikapada Sarvanga	251 2' 50"	
					Urdhva Padma in Sarvanga	261 1' 10"	
					Pinda in Sarvanga	269 1' 10"	
20 "	Parsva Pinda in Sarvanga	270			Parsva Pinda in Sarvanga	270 20"	
20 "	Setubandha Sarvanga	259			Setubandha Sarvanga	259 20"	
20 "	Ekapada Setubandha Sarvanga	260			Ekapada Setubandha Sarvanga	260 20"	
					Jatara Parivartan	275 4'	
20 "	Supta Padangustha	285			Supta Padangustha	285 20"	
					Chakra	280 1' 30"	
					Paripurna Nava	78 3' 10"	
					Ardha Nava	79 3' 10"	
					Ustra	41 2' 50"	
					Vira	89 2' 50"	
					Supta Vira	96 1' 50"	
					Paryanka	97 1' 50"	
					Janusirsa	127 3' 10"	
					Ardha Baddha Padma Paschimottan	135 2' 20"	
					Triangmukhaikapada Paschimottan	139 2' 20"	
20 "	Krouncha	141			Krouncha	141 20"	
					Marichy I	144 2' 20"	
					Paschimottan	160 3' 10"	
					Padma	104 1' 50"	
					Parvata	107 1' 50"	
					Tola	108 1' 50"	
					Simha I	109 1' 50"	
					Matsya	113 1' 10"	
20 "	Kukkuta	115			Kukkuta	115 20"	
20 "	Garbha Pinda	116			Garbha Pinda	116 20"	
Les 39	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	20 "	Baddha Padma	118 Ujjayi	28/112/56/112	Y.S. I 17-18	Baddha Padma	118 20"
	20 "	Upavista Kona	151			Upavista Kona	151 20"
	20 "	Akarna Dhanura	173 Mudra			Akarna Dhanura	173 20"

			Sambhavi		Baddha Kona	102 2 ' 20 "	
					Marichy III	303 1 ' 50 "	
			Dharana	tijd	Ardha Matsyendra I	311 1 ' 50 "	
			Nada	18 '	Salabha	60 3 ' 10 "	
20 "	Parsva Dhanura	64			Dhanura	63 3 ' 10 "	
					Parsva Dhanura	64 20 "	
					Uttan	48 3 ' 10 "	
					Sava	592 5 ' 20 "	
30 "	Urdhva Danda				Salamba Sirsa I	184 3 ' 10 "	
					Urdhva Danda	188 30 "	
30 "	Parivrittaika Pada Sirsa	206			Parsva Sirsa	202 2 ' 30 "	
					Parivrittaika Pada Sirsa	206 30 "	
30 "	Parsvaikapada Sirsa	210			Ekapada Sirsa	208 2 ' 30 "	
					Parsvaikapada Sirsa	210 30 "	
30 "	Parsva Urdhva Padma	215			Urdhva Padma in Sirsa	211 1 ' 20 "	
					Parsva Urdhva Padma	215 30 "	
Les 40	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitkari	28/112/56/112	Y.S. I 19-23	Salamba Sarvanga I	223 5 ' 20 "
			Mudra			Salamba Sarvanga II	235 2 ' 30 "
			Sambhavi			Niralamba Sarvanga I	236 2 ' 30 "
						Niralamba Sarvanga II	237 2 ' 30 "
						Hala	244 5 ' 30 "
			Dharana	tijd		Karnapida	246 4 ' 10 "
			Nada	18 '		Supta Kona	247 3 ' 20 "
						Parsva Hala	249 3 '
						Ekapada Sarvanga	250 4 ' 10 "
						Parsvaikapada Sarvanga	251 3 '
						Urdhva Padma in Sarvanga	261 1 ' 20 "
30 "	Parsva Pinda in Sarvanga	270				Pinda in Sarvanga	269 1 ' 20 "
30 "	Setubandha Sarvanga	259				Parsva Pinda in Sarvanga	270 30 "
30 "	Ekapada Setubandha Sarvanga	260				Setubandha Sarvanga	259 30 "
						Ekapada Setubandha Sarvanga	260 30 "
30 "	Supta Padangustha	285				Jatara Parivartan	275 4 ' 10 "
						Supta Padangustha	285 30 "
						Chakra	280 1 ' 40 "
						Paripurna Nava	78 3 ' 20 "

Ardha Nava
Ustra

79 3' 20"
41 3'

Les	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd	
Les 41	30 "	Asana	141	Pranayama Sitkari	28/112/56/112	Theorie Dhyana Y.S. I 24-29	Vira	89	3'	
							Supta Vira	96	2'	
							Paryanka	97	2'	
							Janusirsa	127	3' 20"	
							Ardha Baddha Padma Paschimottan	135	2' 30"	
							Triangmukhaikapada Paschimottan	139	2' 30"	
							Krouncha	141	30"	
							Marichy I	144	2' 30"	
							Paschimottan	160	3' 20"	
							Padma	104	2'	
							Parvata	107	2'	
							Tola	108	2'	
							Simha I	109	2'	
							Matsya	113	1' 20"	
							Kukkuta	115	30"	
30 "	Kukkuta	115	Dhyana AUM	tijd 20'	H.Y.P. III 1-9	Garbha Pinda	116	30"		
						Baddha Padma	118	30"		
						Upavista Kona	151	30"		
						Akarna Dhanura	173	30"		
30 "	Parsva Dhanura	64				Baddha Kona	102	2' 30"		
						Marichy III	303	2'		
						Ardha Matsyendra I	311	2'		
						Salabha	60	3' 20"		
						Dhanura	63	3' 20"		
						Parsva Dhanura	64	30"		
						Uttan	48	3' 20"		
						Sava	592	5' 30"		
Les 42	40 "	Asana	188	Pranayama Sitali	28/112/56/112	Theorie	Asana's thuis	ref.	tijd	
							Salamba Sirsa I	184	3' 20"	
							Urdhva Danda	188	40"	
							Parsva Sirsa	202	2' 40"	
							Parivrittaika Pada Sirsa	206	40"	
40 "	Parsvaikapada Sirsa	210	Dhyana AUM	tijd 20'	H.Y.P. III 10-18	Ekapada Sirsa	208	2' 40"		
						Parsvaikapada Sirsa	210	40"		
						Urdhva Padma in Sirsa	211	1' 30"		

40 "	Parsva Urdhva Padma	215				Parsva Urdhva Padma	215 40 "
						Salamba Sarvanga I	223 5 ' 30 "
						Salamba Sarvanga II	235 2 ' 40 "
						Niralamba Sarvanga I	236 2 ' 40 "
						Niralamba Sarvanga II	237 2 ' 40 "
						Hala	244 5 ' 40 "
						Karnapida	246 4 ' 20 "
						Supta Kona	247 3 ' 30 "
						Parsva Hala	249 3 ' 10 "
						Ekapada Sarvanga	250 4 ' 20 "
						Parsvaikapada Sarvanga	251 3 ' 10 "
						Urdhva Padma in Sarvanga	261 1 ' 30 "
						Pinda in Sarvanga	269 1 ' 30 "
40 "	Parsva Pinda in Sarvanga	270				Parsva Pinda in Sarvanga	270 40 "
40 "	Setubandha Sarvanga	259				Setubandha Sarvanga	259 40 "
40 "	Ekapada Setubandha Sarvanga	260				Ekapada Setubandha Sarvanga	260 40 "
Les 43	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
40 "	Supta Padangustha	285	Sitali	28/112/56/112		Supta Padangustha	285 40 "
			Mudra			Chakra	280 1 ' 50 "
			Maha Bandha		H.Y.P. III 19-25	Paripurna Nava	78 3 ' 30 "
			Dhyana	tijd		Ardha Nava	79 3 ' 30 "
			AUM	20 '		Ustra	41 3 ' 10 "
						Vira	89 3 ' 10 "
						Supta Vira	96 2 ' 10 "
						Paryanka	97 2 ' 10 "
						Janusirsa	127 3 ' 30 "
						Ardha Baddha Padma Paschimottan	135 2 ' 40 "
						Triangmukhaikapada Paschimottan	139 2 ' 40 "
40 "	Krouncha	141				Krouncha	141 40 "
						Marichy I	144 2 ' 40 "
						Paschimottan	160 3 ' 30 "
						Padma	104 2 ' 10 "
						Parvata	107 2 ' 10 "
						Tola	108 2 ' 10 "
						Simha I	109 2 ' 10 "
						Matsya	113 1 ' 30 "

40 "	Kukkuta	115
40 "	Garbha Pinda	116
40 "	Baddha Padma	118
40 "	Upavista Kona	151
40 "	Akarna Dhanura	173

40 "	Parsva Dhanura	64
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Les 44	tijd	Asana	ref. Pranayama Bhastrika	ritme 28/112/56/112	Theorie Y.S. I 30-34
50 "		Urdhva Danda	188		
50 "		Parivrittaika Pada Sirsa	206	Mudra Maha Bandha	
50 "		Parsvaikapada Sirsa	210	Dhyana AUM	tijd 20 '
50 "		Parsva Urdhva Padma	215		

50 "	Parsva Pinda in Sarvanga	270
50 "	Setubandha Sarvanga	259

Kukkuta	115 40 "
Garbha Pinda	116 40 "
Baddha Padma	118 40 "
Upavista Kona	151 40 "
Akarna Dhanura	173 40 "
Baddha Kona	102 2 ' 40 "
Marichy III	303 2 ' 10 "
Ardha Matsyendra I	311 2 ' 10 "
Salabha	60 3 ' 30 "
Dhanura	63 3 ' 30 "
Parsva Dhanura	64 40 "
Uttan	48 3 ' 30 "
Sava	592 5 ' 40 "

Asana's thuis	ref. tijd
Salamba Sirsa I	184 3 ' 30 "
Urdhva Danda	188 50 "
Parsva Sirsa	202 2 ' 50 "
Parivrittaika Pada Sirsa	206 50 "
Ekapada Sirsa	208 2 ' 50 "
Parsvaikapada Sirsa	210 50 "
Urdhva Padma in Sirsa	211 1 ' 40 "
Parsva Urdhva Padma	215 50 "
Salamba Sarvanga I	223 5 ' 40 "
Salamba Sarvanga II	235 2 ' 50 "
Niralamba Sarvanga I	236 2 ' 50 "
Niralamba Sarvanga II	237 2 ' 50 "
Hala	244 5 ' 50 "
Karnapida	246 4 ' 30 "
Supta Kona	247 3 ' 40 "
Parsva Hala	249 3 ' 20 "
Ekapada Sarvanga	250 4 ' 30 "
Parsvaikapada Sarvanga	251 3 ' 20 "
Urdhva Padma in Sarvanga	261 1 ' 40 "
Pinda in Sarvanga	269 1 ' 40 "
Parsva Pinda in Sarvanga	270 50 "
Setubandha Sarvanga	259 50 "

	50 "	Ekapada Setubandha Sarvanga	260			Ekapada Setubandha Sarvanga	260	50 "
						Jatara Parivartan	275	4 ' 30 "
Les 45	tijd 50 "	Asana Supta Padangustha	ref. Pranayama 285 Bhastrika	ritme 28/112/56/112	Theorie	Asana's thuis 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	ref. tijd 285	50 "
			Mudra Maha Vedha		H.Y.P. III 26-31		4	2 ' 50 "
			Dhyana AUM	tijd 20 '			6	2 ' 30 "
	1 '	Padangustha	44				8	2 ' 50 "
	1 '	Padahasta	46				10	1 ' 30 "
		Utthita Hasta Padangustha	23				14	2 ' 50 "
		Ardha Baddha Padmottan	52				15	2 ' 50 "
							17	1 ' 40 "
							19	2 ' 50 "
							26	2 ' 50 "
							44	1 '
							46	1 '
							48	3 ' 40 "
							23	
							52	
Les 46	tijd	Asana Vatayan	ref. Pranayama 58 Bhramari	ritme 28/112/56/112	Theorie Y.S. I 35-39	Asana's thuis Vatayan Janusirsa Parivritta Janusirsa Ardha Baddha Padma Paschimottan Krouncha Marichy I Paschimottan Urdhvamukha Paschimottan II Baddha Padma Kukkuta	ref. tijd 58	
		Parivritta Janusirsa	132				127	3 ' 40 "
	50 "	Krouncha	141				132	
		Urdhvamukha Paschimottan II	170				135	2 ' 50 "
	50 "	Baddha Padma	118				141	50 "
	50 "	Kukkuta	115				144	2 ' 50 "
							160	3 ' 40 "
							170	
							118	50 "
							115	50 "
Les 47	tijd 50 "	Asana Garbha Pinda Simha II	ref. Pranayama 116 Bhramari 110	ritme 28/112/56/112	Theorie	Asana's thuis Garbha Pinda Simha II Matsya Baddha Kona	ref. tijd 116	50 "
			Mudra Khecari		H.Y.P. III 32-54		110	
							113	1 ' 40 "
							102	2 ' 50 "

	50 "	Upavista Kona	151			Upavista Kona	151 50 "
	50 "	Akarna Dhanura	173	Dhyana	tijd	Akarna Dhanura	173 50 "
			AUM		25 '	Marichy III	303 2 ' 20 "
		Uttanapada	292			Ardha Matsyendra I	311 2 ' 20 "
						Uttanapada	292
						Salabha	60 3 ' 40 "
	50 "	Parsva Dhanura	64			Dhanura	63 3 ' 40 "
		Urdhva Dhanura I	482			Parsva Dhanura	64 50 "
						Urdhva Dhanura I	482
						Sava	592 5 ' 50 "
Les 48	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Murcha	28/112/56/112	Y.S. I 40-42	Salamba Sirsa I	184 3 ' 40 "
	1 '	Urdhva Danda	188			Urdhva Danda	188 1 '
			Mudra			Parsva Sirsa	202 3 '
	1 '	Parivrittaika Pada Sirsa	206	Khecari		Parivrittaika Pada Sirsa	206 1 '
						Ekapada Sirsa	208 3 '
	1 '	Parsvaikapada Sirsa	210	Dhyana	tijd	Parsvaikapada Sirsa	210 1 '
			AUM		25 '	Urdhva Padma in Sirsa	211 1 ' 50 "
	1 '	Parsva Urdhva Padma	215			Parsva Urdhva Padma	215 1 '
						Salamba Sarvanga I	223 5 ' 50 "
						Salamba Sarvanga II	235 3 '
						Niralamba Sarvanga I	236 3 '
						Niralamba Sarvanga II	237 3 '
						Hala	244 6 '
						Karnapida	246 4 ' 40 "
						Supta Kona	247 3 ' 50 "
						Parsva Hala	249 3 ' 40 "
						Ekapada Sarvanga	250 4 ' 30 "
						Parsvaikapada Sarvanga	251 3 ' 30 "
						Urdhva Padma in Sarvanga	261 1 ' 50 "
						Pinda in Sarvanga	269 1 ' 50 "
	1 '	Parsva Pinda in Sarvanga	270			Parsva Pinda in Sarvanga	270 1 '
Les 49	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	1 '	Setubandha Sarvanga	259	Murcha	28/112/56/112	Setubandha Sarvanga	259 1 '
	1 '	Ekapada Setubandha Sarvanga	260			Ekapada Setubandha Sarvanga	260 1 '

1'	Supta Padangustha	285	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	275 4' 40" 285 1' 4 3' 6 2' 40" 8 3' 10 1' 40" 14 3' 15 3' 17 1' 50" 19 3' 26 3' 44 1' 10" 46 1' 10" 48 3' 50"
10"	Utthita Hasta Padangustha	23				Utthita Hasta Padangustha	23 10"
10"	Ardha Baddha Padmottan	52				Ardha Baddha Padmottan	52 10"
10"	Vatayan	58				Vatayan	58 10"
Les 50	tijd	Asana	ref. Pranayama Plavini	ritme 28/112/56/112	Theorie Y.S. I 43-44	Asana's thuis Janusirsa Parivritta Janusirsa Ardha Baddha Padma Paschimottan Krouncha Marichy I Paschimottan Urdhvamukha Paschimottan II Baddha Padma Kukkuta	ref. tijd 127 3' 50" 132 10" 135 3' 141 1' 144 3' 160 3' 50" 170 10" 118 1' 115 1'
10"	Parivritta Janusirsa	132					
1'	Krouncha	141	Mudra Uddiyana Bandha				
10"	Urdhvamukha Paschimottan II	170	Dhyana AUM	tijd 25'			
1'	Baddha Padma	118					
1'	Kukkuta	115					
Les 51	tijd	Asana	ref. Pranayama Plavini	ritme 28/112/56/112	Theorie	Asana's thuis Garbha Pinda Simha II Matsya Baddha Kona Upavista Kona Akarna Dhanura Marichy III	ref. tijd 116 1' 110 10" 113 1' 50" 102 3' 151 1' 173 1' 303 2' 30"
1'	Garbha Pinda	116					
10"	Simha II	110					
1'	Upavista Kona	151	Mudra Mula Bandha		H.Y.P. III 61-69		
1'	Akarna Dhanura	173	Dhyana AUM	tijd 25'			

10 "	Uttanapada	292			Ardha Matsyendra I	311 2 ' 30 "	
					Uttanapada	292 10 "	
					Salabha	60 3 ' 50 "	
1 '	Parsva Dhanura	64			Dhanura	63 3 ' 50 "	
10 "	Urdhva Dhanura I	482			Parsva Dhanura	64 1 '	
					Urdhva Dhanura I	482 10 "	
					Sava	592 6 '	
Les 52	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Nadi Sodhana	32/128/64/128	Y.S. I 45-51	Salamba Sirsa I	184 3 ' 50 "
			Mudra			Urdhva Danda	188 1 ' 10 "
			Mula Bandha			Parsva Sirsa	202 3 ' 10 "
			Dhyana	tijd		Parivrittaika Pada Sirsa	206 1 ' 10 "
			AUM	25 '		Ekapada Sirsa	208 3 ' 10 "
						Parsvaikapada Sirsa	210 1 ' 10 "
						Urdhva Padma in Sirsa	211 2 '
						Parsva Urdhva Padma	215 1 ' 10 "
						Pinda in Sirsa	218 1 ' 10 "
						Salamba Sarvanga I	223 6 '
						Salamba Sarvanga II	235 3 ' 10 "
						Niralamba Sarvanga I	236 3 ' 10 "
						Niralamba Sarvanga II	237 3 ' 10 "
						Hala	244 6 ' 10 "
						Karnapida	246 4 ' 50 "
						Supta Kona	247 4 '
						Parsva Hala	249 3 ' 50 "
						Ekapada Sarvanga	250 4 ' 40 "
						Parsvaikapada Sarvanga	251 3 ' 40 "
						Urdhva Padma in Sarvanga	261 2 '
						Pinda in Sarvanga	269 2 '
						Parsva Pinda in Sarvanga	270 1 ' 10 "
						Setubandha Sarvanga	259 1 ' 10 "
						Ekapada Setubandha Sarvanga	260 1 ' 10 "
						Jatara Parivartan	275 4 ' 50 "
						Supta Padangustha	285 1 ' 10 "
						Utthita Trikona	4 3 ' 10 "
						Parivritta trikona	6 2 ' 50 "

			Utthita Parsvakona	8 3' 10"
			Parivritta Parsvakona	10 1' 50"
			Virabhadra I	14 3' 10"
			Virabhadra II	15 3' 10"
			Virabhadrasana III	17 2'
			Ardha Chandra	19 3' 10"
			Parsvottan	26 3' 10"
			Padangustha	44 1' 20"
			Padahasta	46 1' 20"
			Uttan	48 4'
20 "	Utthita Hasta Padangustha	23	Utthita Hasta Padangustha	23 20"
20 "	Ardha Baddha Padmottan	52	Ardha Baddha Padmottan	52 20"
20 "	Vatayan	58	Vatayan	58 20"
20 "	Parivritta Janusirsa	132	Janusirsa	127 4'
			Parivritta Janusirsa	132 20"
			Ardha Baddha Padma Paschimottan	135 3' 10"
			Krouncha	141 1' 10"
			Marichy I	144 3' 10"
			Paschimottan	160 4'
20 "	Urdhvamukha Paschimottan II	170	Urdhvamukha Paschimottan II	170 20"
			Baddha Padma	118 1' 10"
			Kukkuta	115 1' 10"
			Garbha Pinda	116 1' 10"
20 "	Simha II	110	Simha II	110 20"
			Matsya	113 2'
			Baddha Kona	102 3' 10"
			Upavista Kona	151 1' 10"
			Akarna Dhanura	173 1' 10"
			Marichy III	303 2' 40"
			Ardha Matsyendra I	311 2' 40"
20 "	Uttanapada	292	Uttanapada	292 20"
			Salabha	60 4'
			Dhanura	63 4'
			Parsva Dhanura	64 1' 10"
20 "	Urdhva Dhanura I	482	Urdhva Dhanura I	482 20"
			Sava	592 6' 10"

Les 53 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Nadi Sodhana	32/128/64/128		Salamba Sirsa I	184	4'
				Urdhva Danda	188	1' 20"
	Mudra			Parsva Sirsa	202	3' 20"
	Jalandhara Bandha		H.Y.P. III 70-76	Parivrittaika Pada Sirsa	206	1' 20"
				Ekapada Sirsa	208	3' 20"
	Dhyana	tijd		Parsvaikapada Sirsa	210	1' 20"
	AUM	25'		Urdhva Padma in Sirsa	211	2' 10"
				Parsva Urdhva Padma	215	1' 20"
				Pinda in Sirsa	218	1' 20"
				Salamba Sarvanga I	223	6' 10"
				Salamba Sarvanga II	235	3' 20"
				Niralamba Sarvanga I	236	3' 20"
				Niralamba Sarvanga II	237	3' 20"
				Hala	244	6' 20"
				Karnapida	246	5'
				Supta Kona	247	4' 10"
				Parsva Hala	249	4'
				Ekapada Sarvanga	250	4' 50"
				Parsvaikapada Sarvanga	251	3' 50"
				Urdhva Padma in Sarvanga	261	2' 10"
				Pinda in Sarvanga	269	2' 10"
				Parsva Pinda in Sarvanga	270	1' 20"
				Setubandha Sarvanga	259	1' 20"
				Ekapada Setubandha Sarvanga	260	1' 20"
				Jatara Parivartan	275	5'
				Supta Padangustha	285	1' 20"
				Utthita Trikona	4	3' 20"
				Parivritta trikona	6	3'
				Utthita Parsvakona	8	3' 20"
				Parivritta Parsvakona	10	2'
				Virabhadra I	14	3' 20"
				Virabhadra II	15	3' 20"
				Virabhadrasana III	17	2' 10"
				Ardha Chandra	19	3' 20"
				Parsvottan	26	3' 20"
				Padangustha	44	1' 30"

				Padahasta	46 1' 30"
				Uttan	48 4' 10"
30 "	Utthita Hasta Padangustha	23		Utthita Hasta Padangustha	23 30"
30 "	Ardha Baddha Padmottan	52		Ardha Baddha Padmottan	52 30"
30 "	Vatayan	58		Vatayan	58 30"
30 "	Parivritta Janusirsa	132		Janusirsa	127 4' 10"
				Parivritta Janusirsa	132 30"
				Ardha Baddha Padma Paschimottan	135 3' 20"
				Krouncha	141 1' 20"
				Marichy I	144 3' 20"
				Paschimottan	160 4' 10"
30 "	Urdhvamukha Paschimottan II	170		Urdhvamukha Paschimottan II	170 30"
				Baddha Padma	118 1' 20"
				Kukkuta	115 1' 20"
				Garbha Pinda	116 1' 20"
30 "	Simha II	110		Simha II	110 30"
				Matsya	113 2' 10"
				Baddha Kona	102 3' 20"
				Upavista Kona	151 1' 20"
				Akarna Dhanura	173 1' 20"
				Marichy III	303 2' 50"
				Ardha Matsyendra I	311 2' 50"
30 "	Uttanapada	292		Uttanapada	292 30"
				Salabha	60 4' 10"
				Dhanura	63 4' 10"
				Parsva Dhanura	64 1' 20"
30 "	Urdhva Dhanura I	482		Urdhva Dhanura I	482 30"
				Sava	592 6' 20"

Les 54	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Surya Bhedana	32/128/64/128	Y.S. II 1-4	Salamba Sirsa I	184 4' 10"
			Mudra			Urdhva Danda	188 1' 30"
			Jalandhara Bandha			Parsva Sirsa	202 3' 30"
			Dhyana	tijd		Parivrittaika Pada Sirsa	206 1' 30"
			AUM	25'		Ekapada Sirsa	208 3' 30"
						Parsvaikapada Sirsa	210 1' 30"
						Urdhva Padma in Sirsa	211 2' 20"

40 "	Utthita Hasta Padangustha	23
40 "	Ardha Baddha Padmottan	52
40 "	Vatayan	58
40 "	Parivritta Janusirsa	132

Parsva Urdhva Padma	215 1' 30 "
Pinda in Sirsa	218 1' 30 "
Salamba Sarvanga I	223 6' 20 "
Salamba Sarvanga II	235 3' 30 "
Niralamba Sarvanga I	236 3' 30 "
Niralamba Sarvanga II	237 3' 30 "
Hala	244 6' 30 "
Karnapida	246 5' 10 "
Supta Kona	247 4' 20 "
Parsva Hala	249 4' 10 "
Ekapada Sarvanga	250 5'
Parsvaikapada Sarvanga	251 4'
Urdhva Padma in Sarvanga	261 2' 20 "
Pinda in Sarvanga	269 2' 20 "
Parsva Pinda in Sarvanga	270 1' 30 "
Setubandha Sarvanga	259 1' 30 "
Ekapada Setubandha Sarvanga	260 1' 30 "
Jatara Parivartan	275 5' 10 "
Supta Padangustha	285 1' 30 "
Utthita Trikona	4 3' 30 "
Parivritta trikona	6 3' 10 "
Utthita Parsvakona	8 3' 30 "
Parivritta Parsvakona	10 2' 10 "
Virabhadra I	14 3' 30 "
Virabhadra II	15 3' 30 "
Virabhadrasana III	17 2' 20 "
Ardha Chandra	19 3' 30 "
Parsvottan	26 3' 30 "
Padangustha	44 1' 40 "
Padahasta	46 1' 40 "
Uttan	48 4' 20 "
Utthita Hasta Padangustha	23 40 "
Ardha Baddha Padmottan	52 40 "
Vatayan	58 40 "
Janusirsa	127 4' 20 "
Parivritta Janusirsa	132 40 "
Ardha Baddha Padma Paschimottan	135 3' 30 "

					Krouncha	141 1 ' 30 "	
					Marichy I	144 3 ' 30 "	
					Paschimottan	160 4 ' 20 "	
40 "	Urdhvamukha Paschimottan II	170			Urdhvamukha Paschimottan II	170 40 "	
					Baddha Padma	118 1 ' 30 "	
					Kukkuta	115 1 ' 30 "	
40 "	Simha II	110			Garbha Pinda	116 1 ' 30 "	
					Simha II	110 40 "	
					Matsya	113 2 ' 20 "	
					Baddha Kona	102 3 ' 30 "	
					Upavista Kona	151 1 ' 30 "	
					Akarna Dhanura	173 1 ' 30 "	
					Marichy III	303 3 '	
					Ardha Matsyendra I	311 3 '	
40 "	Uttanapada	292			Uttanapada	292 40 "	
					Salabha	60 4 ' 20 "	
					Dhanura	63 4 ' 20 "	
40 "	Urdhva Dhanura I	482			Parsva Dhanura	64 1 ' 30 "	
					Urdhva Dhanura I	482 40 "	
					Sava	592 6 ' 30 "	
Les 55	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Surya Bhedana	32/128/64/128		Salamba Sirsa I	184 4 ' 20 "
			Mudra			Urdhva Danda	188 1 ' 40 "
			Viparita Karani		H.Y.P. III 77-82	Parsva Sirsa	202 3 ' 40 "
			Dhyana	tijd		Parivrittaika Pada Sirsa	206 1 ' 40 "
			AUM	25 '		Ekapada Sirsa	208 3 ' 40 "
						Parsvaikapada Sirsa	210 1 ' 40 "
						Urdhva Padma in Sirsa	211 2 ' 30 "
						Parsva Urdhva Padma	215 1 ' 40 "
						Pinda in Sirsa	218 1 ' 40 "
						Salamba Sarvanga I	223 6 ' 30 "
						Salamba Sarvanga II	235 3 ' 40 "
						Niralamba Sarvanga I	236 3 ' 40 "
						Niralamba Sarvanga II	237 3 ' 40 "
						Hala	244 6 ' 40 "
						Karnapida	246 5 ' 20 "

			Supta Kona	247 4 ' 30 "
			Parsva Hala	249 4 ' 20 "
			Ekapada Sarvanga	250 5 ' 10 "
			Parsvaikapada Sarvanga	251 4 ' 10 "
			Urdhva Padma in Sarvanga	261 2 ' 30 "
			Pinda in Sarvanga	269 2 ' 30 "
			Parsva Pinda in Sarvanga	270 1 ' 40 "
			Setubandha Sarvanga	259 1 ' 40 "
			Ekapada Setubandha Sarvanga	260 1 ' 40 "
			Jatara Parivartan	275 5 ' 20 "
			Supta Padangustha	285 1 ' 40 "
			Utthita Trikona	4 3 ' 40 "
			Parivritta trikona	6 3 ' 20 "
			Utthita Parsvakona	8 3 ' 40 "
			Parivritta Parsvakona	10 2 ' 20 "
			Virabhadra I	14 3 ' 40 "
			Virabhadra II	15 3 ' 40 "
			Virabhadrasana III	17 2 ' 30 "
			Ardha Chandra	19 3 ' 40 "
			Parsvottan	26 3 ' 40 "
			Padangustha	44 1 ' 50 "
			Padahasta	46 1 ' 50 "
			Uttan	48 4 ' 30 "
50 "	Utthita Hasta Padangustha	23	Utthita Hasta Padangustha	23 50 "
50 "	Ardha Baddha Padmottan	52	Ardha Baddha Padmottan	52 50 "
50 "	Vatayan	58	Vatayan	58 50 "
50 "	Parivritta Janusirsa	132	Janusirsa	127 4 ' 30 "
			Parivritta Janusirsa	132 50 "
			Ardha Baddha Padma Paschimottan	135 3 ' 40 "
			Krouncha	141 1 ' 40 "
			Marichy I	144 3 ' 40 "
			Paschimottan	160 4 ' 30 "
50 "	Urdhvamukha Paschimottan II	170	Urdhvamukha Paschimottan II	170 50 "
			Baddha Padma	118 1 ' 40 "
			Kukkuta	115 1 ' 40 "
			Garbha Pinda	116 1 ' 40 "
50 "	Simha II	110	Simha II	110 50 "

					Matsya	113 2 ' 30 "	
					Baddha Kona	102 3 ' 40 "	
					Upavista Kona	151 1 ' 40 "	
					Akarna Dhanura	173 1 ' 40 "	
					Marichy III	303 3 ' 10 "	
					Ardha Matsyendra I	311 3 ' 10 "	
50 "	Uttanapada	292			Uttanapada	292 50 "	
					Salabha	60 4 ' 30 "	
					Dhanura	63 4 ' 30 "	
50 "	Urdhva Dhanura I	482			Parsva Dhanura	64 1 ' 40 "	
					Urdhva Dhanura I	482 50 "	
					Sava	592 6 ' 40 "	
Les 56	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Ujjayi	32/128/64/128	Y.S. II 5-9	Salamba Sirsa I	184 4 ' 30 "
			Mudra			Urdhva Danda	188 1 ' 50 "
			Viparita Karani			Parsva Sirsa	202 3 ' 50 "
			Dhyana	tijd		Parivrittaika Pada Sirsa	206 1 ' 50 "
			AUM	25 '		Ekapada Sirsa	208 3 ' 50 "
						Parsvaikapada Sirsa	210 1 ' 50 "
						Urdhva Padma in Sirsa	211 2 ' 40 "
						Parsva Urdhva Padma	215 1 ' 50 "
						Pinda in Sirsa	218 1 ' 50 "
						Salamba Sarvanga I	223 6 ' 40 "
						Salamba Sarvanga II	235 3 ' 50 "
						Niralamba Sarvanga I	236 3 ' 50 "
						Niralamba Sarvanga II	237 3 ' 50 "
						Hala	244 6 ' 50 "
						Karnapida	246 5 ' 30 "
						Supta Kona	247 4 ' 40 "
						Parsva Hala	249 4 ' 30 "
						Ekapada Sarvanga	250 5 ' 20 "
						Parsvaikapada Sarvanga	251 4 ' 20 "
						Urdhva Padma in Sarvanga	261 2 ' 40 "
						Pinda in Sarvanga	269 2 ' 40 "
						Parsva Pinda in Sarvanga	270 1 ' 50 "
						Setubandha Sarvanga	259 1 ' 50 "

				Ekapada Setubandha Sarvanga	260 1' 50"
				Jatara Parivartan	275 5' 30"
				Supta Padangustha	285 1' 50"
				Utthita Trikona	4 3' 50"
				Parivritta Trikona	6 3' 30"
				Utthita Parsvakona	8 3' 50"
				Parivritta Parsvakona	10 2' 30"
				Virabhadra I	14 3' 50"
				Virabhadra II	15 3' 50"
				Virabhadrasana III	17 2' 40"
				Ardha Chandra	19 3' 50"
				Parsvottan	26 3' 50"
				Padangustha	44 2'
				Padahasta	46 2'
				Uttan	48 4' 40"
60"	Utthita Hasta Padangustha	23		Utthita Hasta Padangustha	23 1'
60"	Ardha Baddha Padmottan	52		Ardha Baddha Padmottan	52 1'
60"	Vatayan	58		Vatayan	58 1'
60"	Parivritta Janusirsa	132		Janusirsa	127 4' 40"
				Parivritta Janusirsa	132 1'
				Ardha Baddha Padma Paschimottan	135 3' 50"
				Krouncha	141 1' 50"
				Marichy I	144 3' 50"
				Paschimottan	160 4' 40"
60"	Urdhvamukha Paschimottan II	170		Urdhvamukha Paschimottan II	170 1'
				Baddha Padma	118 1' 50"
				Kukkuta	115 1' 50"
				Garbha Pinda	116 1' 50"
60"	Simha II	110		Simha II	110 1'
				Matsya	113 2' 40"
				Baddha Kona	102 3' 50"
				Upavista Kona	151 1' 50"
				Akarna Dhanura	173 1' 50"
				Marichy III	303 3' 20"
				Ardha Matsyendra I	311 3' 20"
60"	Uttanapada	292		Uttanapada	292 1'
				Salabha	60 4' 40"

					Dhanura	63	4 ' 40 "
					Parsva Dhanura	64	1 ' 50 "
60 "	Urdhva Dhanura I	482			Urdhva Dhanura I	482	1 '
					Sava	592	6 ' 50 "
Les 57	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitkari	32/128/64/128		Salamba Sirsa I	184
		Salamba Sirsa II	192			Salamba Sirsa II	192
		Salamba Sirsa III	194			Salamba Sirsa III	194
		Baddha Hasta Sirsa	198		H.Y.P. III 83-91	Baddha Hasta Sirsa	198
		Mukta Hasta Sirsa	200			Mukta Hasta Sirsa	200
			Dhyana	tijd		Parsva Sirsa	202
			AUM	25 '		Parivrittaika Pada Sirsa	206
						Ekapada Sirsa	208
						Parsvaikapada Sirsa	210
						Urdhva Padma in Sirsa	211
						Parsva Urdhva Padma	215
						Pinda in Sirsa	218
						Salamba Sarvanga I	223
						Salamba Sarvanga II	235
						Niralamba Sarvanga I	236
						Niralamba Sarvanga II	237
						Hala	244
						Karnapida	246
						Supta Kona	247
						Parsva Hala	249
						Ekapada Sarvanga	250
						Parsvaikapada Sarvanga	251
		Parsva Sarvanga	254			Parsva Sarvanga	254
						Setubandha Sarvanga	259
						Ekapada Setubandha Sarvanga	260
						Urdhva Padma in Sarvanga	261
		Parsva Urdhva Padma in Sarvanga	264			Parsva Urdhva Padma in Sarvanga	264
						Pinda in Sarvanga	269
						Parsva Pinda in Sarvanga	270
						Supta Padangustha	285
		Ananta	290			Ananta	290

					Paschimottan	160 4 ' 50 "	
					Parivritta Paschimottana	165	
					Janusirsa	127 4 ' 50 "	
					Parivritta Janusirsa	132 1 ' 10 "	
					Krouncha	141 2 '	
					Akarna Dhanura	173 2 '	
					Baddha Padma	118 2 '	
	Yoga Mudra	120			Yoga Mudra	120	
					Kukkuta	115 2 '	
					Garbha Pinda	116 2 '	
					Simha II	110 1 ' 10 "	
					Matsya	113 2 ' 50 "	
					Baddha Kona	102 4 '	
					Ardha Matsyendra I	311 3 ' 30 "	
	Marichy IV	305			Marichy III	303 3 ' 30 "	
					Marichy IV	305	
					Uttanapada	292 1 '	
					Salabha	60 4 ' 40 "	
					Dhanura	63 4 ' 40 "	
					Parsva Dhanura	64 1 ' 50 "	
1 '	Urdhva Dhanura I	482			Urdhva Dhanura I	482 1 '	
					Sava	592 6 ' 50 "	
Les 58	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitkari	32/128/64/128	Y.S. II 10-15	Salamba Sirsa I	184 4 ' 50 "
10 "		Salamba Sirsa II	192			Salamba Sirsa II	192 10 "
10 "		Salamba Sirsa III	194	Mudra		Salamba Sirsa III	194 10 "
10 "		Baddha Hasta Sirsa	198	Vajroli		Baddha Hasta Sirsa	198 10 "
10 "		Mukta Hasta Sirsa	200			Mukta Hasta Sirsa	200 10 "
			Dhyana	tijd		Parsva Sirsa	202 4 ' 10 "
			AUM	25 '		Parivrittaika Pada Sirsa	206 2 ' 10 "
						Ekapada Sirsa	208 4 ' 10 "
						Parsvaikapada Sirsa	210 2 ' 10 "
						Urdhva Padma in Sirsa	211 3 '
						Parsva Urdhva Padma	215 2 ' 10 "
						Pinda in Sirsa	218 2 ' 10 "
						Salamba Sarvanga I	223 7 '

			Salamba Sarvanga II	235 4' 10"
			Niralamba Sarvanga I	236 4' 10"
			Niralamba Sarvanga II	237 4' 10"
			Hala	244 7' 10"
			Karnapida	246 5' 50"
			Supta Kona	247 5'
			Parsva Hala	249 4' 50"
			Ekapada Sarvanga	250 5' 40"
			Parsvaikapada Sarvanga	251 4' 40"
10 "	Parsva Sarvanga	254	Parsva Sarvanga	254 10"
			Setubandha Sarvanga	259 2' 10"
			Ekapada Setubandha Sarvanga	260 2' 10"
			Urdhva Padma in Sarvanga	261 3'
10 "	Parsva Urdhva Padma in Sarvanga	264	Parsva Urdhva Padma in Sarvanga	264 10"
			Pinda in Sarvanga	269 3'
			Parsva Pinda in Sarvanga	270 2' 10"
			Supta Padangustha	285 2' 10"
10 "	Ananta	290	Ananta	290 10"
			Paschimottan	160 5'
10 "	Parivritta Paschimottana	165	Parivritta Paschimottana	165 10"
			Janusirsa	127 5'
			Parivritta Janusirsa	132 1' 20"
			Krouncha	141 2' 10"
			Akarna Dhanura	173 2' 10"
			Baddha Padma	118 2' 10"
10 "	Yoga Mudra	120	Yoga Mudra	120 10"
			Kukkuta	115 2' 10"
			Garbha Pinda	116 2' 10"
			Simha II	110 1' 20"
			Matsya	113 3'
			Baddha Kona	102 4' 10"
			Ardha Matsyendra I	311 3' 40"
			Marichy III	303 3' 40"
10 "	Marichy IV	305	Marichy IV	305 10"
			Uttanapada	292 1' 10"
			Salabha	60 4' 50"
			Dhanura	63 4' 50"

Les 59	tijd	Asana	ref.	Pranayama	ritme	Theorie		ref.	tijd
				Sitali	32/128/64/128		Parsva Dhanura	64	2'
							Urdhva Dhanura I	482	1' 10"
							Sava	592	7'
							Asana's thuis		
							Salamba Sirsa I	184	5'
	20"	Salamba Sirsa II	192				Salamba Sirsa II	192	20"
	20"	Salamba Sirsa III	194	Mudra			Salamba Sirsa III	194	20"
	20"	Baddha Hasta Sirsa	198	Sahajoli		H.Y.P. III 92-95	Baddha Hasta Sirsa	198	20"
	20"	Mukta Hasta Sirsa	200				Mukta Hasta Sirsa	200	20"
				Dhyana	tijd		Parsva Sirsa	202	4' 20"
				AUM	25'		Parivrittaika Pada Sirsa	206	2' 20"
							Ekapada Sirsa	208	4' 20"
							Parsvaikapada Sirsa	210	2' 20"
							Urdhva Padma in Sirsa	211	3' 10"
							Parsva Urdhva Padma	215	2' 20"
							Pinda in Sirsa	218	2' 20"
							Salamba Sarvanga I	223	7' 10"
							Salamba Sarvanga II	235	4' 20"
							Niralamba Sarvanga I	236	4' 20"
							Niralamba Sarvanga II	237	4' 20"
							Hala	244	7' 20"
							Karnapida	246	6'
							Supta Kona	247	5' 10"
							Parsva Hala	249	5'
							Ekapada Sarvanga	250	5' 50"
							Parsvaikapada Sarvanga	251	4' 50"
	20"	Parsva Sarvanga	254				Parsva Sarvanga	254	20"
							Setubandha Sarvanga	259	2' 20"
							Ekapada Setubandha Sarvanga	260	2' 20"
	20"	Parsva Urdhva Padma in Sarvanga	264				Urdhva Padma in Sarvanga	261	3' 10"
							Parsva Urdhva Padma in Sarvanga	264	20"
							Pinda in Sarvanga	269	3' 10"
							Parsva Pinda in Sarvanga	270	2' 20"
							Supta Padangustha	285	2' 20"
	20"	Ananta	290				Ananta	290	20"
							Paschimottan	160	5' 10"

20 " Parivritta Paschimottana 165

20 " Yoga Mudra 120

20 " Marichy IV 305

Parivritta Paschimottana 165 20 "
Janusirsa 127 5 ' 10 "
Parivritta Janusirsa 132 1 ' 30 "
Krouncha 141 2 ' 20 "
Akarna Dhanura 173 2 ' 20 "
Baddha Padma 118 2 ' 20 "
Yoga Mudra 120 20 "
Kukkuta 115 2 ' 20 "
Garbha Pinda 116 2 ' 20 "
Simha II 110 1 ' 30 "
Matsya 113 3 ' 10 "
Baddha Kona 102 4 ' 20 "
Ardha Matsyendra I 311 3 ' 50 "
Marichy III 303 3 ' 50 "
Marichy IV 305 20 "
Uttanapada 292 1 ' 20 "
Salabha 60 5 '
Dhanura 63 5 '
Parsva Dhanura 64 2 ' 10 "
Urdhva Dhanura I 482 1 ' 20 "
Sava 592 7 ' 10 "

Les 60 tijd Asana ref Pranayama ritme Theorie
Sitali 32/128/64/128 Y.S. II 16-22
40 " Salamba Sirsa II 192
40 " Salamba Sirsa III 194 Mudra
40 " Badha Hasta Sirsa 198 Sahajoli
40 " Mukta Hasta Sirsa 200
Dhyana tijd
AUM 25 '

Asana's thuis ref. tijd
Salamba Sirsa I 184 5 '
Salamba Sirsa II 192 40 "
Salamba Sirsa III 194 40 "
Badhia Hasta Sirsa 198 40 "
Mukta Hasta Sirsa 200 40 "
Parsva Sirsa 202 4 ' 20 "
Parivrittaika Pada Sirsa 206 2 ' 20 "
Ekapada Sirsa 208 4 ' 20 "
Parsva Sirsa 210 2 ' 20 "
Urdhva Padma in Sirsa 211 3 ' 10 "
Parsva Urdhva Padma 215 2 ' 20 "
Pinda in Sirsa 218 2 ' 20 "
Salamba Sarvanga I 223 7 ' 10 "
Salamba Sarvanga II 235 4 ' 20 "

			Niralamba Sarvanga I	236 4 ' 20 "
			Niralamba Sarvanga II	237 4 ' 20 "
			Hala	244 7 ' 20 "
			Karnapida	246 6 '
			Supta Kona	247 5 ' 10 "
			Parsva Hala	249 5 '
			Ekapada Sarvanga	250 5 ' 50 "
40 "	Parsva Sarvanga	254	Parsvaikapada Sarvanga	251 4 ' 50 "
			Parsva Sarvanga	254 40 "
			Setubandha Sarvanga	259 2 ' 10 "
			Ekapada Setubandha Sarvanga	260 2 ' 10 "
			Urdhva Padma in Sarvanga	261 3 ' 10 "
			Pinda in Sarvanga	269 3 ' 10 "
			Parsva Pinda in Sarvanga	270 2 ' 20 "
40 "	Ananta	290	Supta Padangustha	285 2 ' 20 "
			Ananta	290 40 '
40 "	Parivritta Paschimotan	165	Paschimottan	160 5 ' 10 "
			Parivritta Paschimotan	165 40 "
			Janusirsa	127 5 ' 10 "
			Parivritta Janusirsa	132 1 ' 30 "
			Krouncha	141 2 ' 20 "
			Akarna Dhanura	173 2 ' 20 "
			Baddha Padma	118 2 ' 20 "
			Yoga Mudra	120 2 ' 20 "
			Kukkuta	115 2 ' 20 "
40 "	Goraksa	117	Garbha Pinda	116 2 ' 20 "
			Goraksa	117 40 "
			Simha 11	110 1 ' 30 "
			Matsya	113 3 ' 10 "
40 "	Bheka	100	Supta Vira	96 3 '
			Bheka	100 40 "
			Baddha Kona	102 40 "
			Ardha Matsyendra I	311 4 ' 10 "
40 "	Marichy IV	305	Marichy III	303 3 ' 50 "
40 "	Mala I	321	Marichy IV	305 40 "
			Mala I	321 40 "
			Uttanapada	292 1 ' 30 "

				Parivritta Janusirsa	132 1' 40"
				Krouncha	141 2' 30"
				Akarna Dhanura	173 2' 30"
				Baddha Padma	118 2' 30"
				Yoga Mudra	120 2' 30"
				Kukkuta	115 2' 30"
				Garbha Pinda	116 2' 30"
50 "	Goraksa	117		Goraksa	117 50"
				Simha II	110 1' 40"
				Matsya	113 3' 20"
				Supta Vira	96 3' 10"
50 "	Bheka	100		Bheka	100 50"
				Baddha Kona	102 4' 10"
				Ardha Matsyendra I	311 4' 20"
				Marichy III	303 4'
50 "	Marichy IV	305		Marichy IV	305 50"
50 "	Mala I	321		Mala I	321 50"
				Uttanapada	292 1' 40"
				Urdhva Dhanura I	482 1' 40"
				Sava	592 7' 30"

Les 62	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Bastrika	32/128/64/128	Y.S. II 23-28	Salamba Sirsa I	184	5' 20"
	1'	Salamba Sirsa II	192				Salamba Sirsa II	192	1'
	1'	Salamba Sirsa III	194	Mudra			Salamba Sirsa III	194	1'
	1'	Badha Hasta Sirsa	198	Amaroli			Badha Hasta Sirsa	198	1'
	1'	Mukia Hasta Sirsa	200				Mukta Hasta Sirsa	200	1'
				Dhyana	tijd		Parsva Sirsa	202	4' 40"
				AUM	25'		Parivrittaika Pada Sirsa	206	2' 40"
							Ekapada Sirsa	208	4' 40"
							Parsvaikapada Sirsa	210	2' 40"
							Urdhva Padma in Sirsa	211	3' 30"
							Parsva Urdhva Padma	215	2' 40"
							Pinda in Sirsa	218	2' 40"
							Salamba Sarvanga I	223	7' 30"
							Salamba Sarvanga II	235	4' 40"
							Niralamba Sarvanga I	236	4' 40"

			Niralamba Sarvanga II	237 4' 40"
			Hala	244 7' 40"
			Karnapida	246 6' 20"
			Supta Kona	247 5' 30"
			Parsva Hala	249 5' 20"
			Ekapada Sarvanga	250 6' 10"
1'	Parsva Sarvanga	254	Parsvaikapada Sarvanga	251 5' 10"
			Parsva Sarvanga	254 1' 10"
			Setubandha Sarvanga	259 2' 30"
			Ekapada Setubandha Sarvanga	260 2' 30"
			Urdhva Padma in Sarvanga	261 3' 30"
			Pinda in Sarvanga	269 3' 30"
			Parsva Pinda in Sarvanga	270 2' 40"
			Supta Padangustha	285 2' 40"
1'	Ananta	290	Ananta	290 1'
			Paschimottan	160 5' 30"
1'	Parivritta Paschimotan	165	Parivritta Paschimotan	165 1'
			Janusirsa	127 5' 30"
			Parivritta Janusirsa	132 1' 50"
			Krouncha	141 2' 40"
			Akarna Dhanura	173 2' 40"
			Baddha Padma	118 2' 40"
			Yoga Mudra	120 2' 40"
			Kukkuta	115 2' 40"
			Garbha Pinda	116 2' 40"
1'	Goraksa	117	Goraksa	117 1'
			Simha II	110 1' 50"
			Matsya	113 3' 30"
			Supta Vira	96 3' 20"
1'	Bheka	100	Bheka	100 1'
			Baddha Kona	102 4' 20"
			Ardha Matsyendra I	311 4' 30"
			Marichy III	303 4' 10"
1'	Marichy IV	305	Marichy IV	305 1'
1'	Mala I	321	Mala I	321 1'
			Uttanapada	292 1' 50"
			Urdhva Dhanura I	482 1' 50"

Les 63	tijd	Asana	ref.	Pranayama	ritme	Theorie	Sava	ref.	tijd
				Bhramari	32/128/64/128		Asana's thuis		592 7 ' 40 "
				Mudra			Salamba Sirsa I	184	5 ' 30 "
				Sakti Calana		H.Y.P. III 104-119	Salamba Sirsa II	192	1 ' 10 "
				Dhyana	tijd		Salamba Sirsa III	194	1 ' 10 "
				AUM	30 '		Baddha Hasta Sirsa	198	1 ' 10 "
							Mukta Hasta Sirsa	200	1 ' 10 "
							Parsva Sirsa	202	4 ' 50 "
							Parivrittaika Pada Sirsa	206	2 ' 50 "
							Ekapada Sirsa	208	4 ' 50 "
							Parsvaikapada Sirsa	210	2 ' 50 "
							Urdhva Padma in Sirsa	211	3 ' 40 "
							Parsva Urdhva Padma	215	2 ' 50 "
							Pinda in Sirsa	218	2 ' 50 "
							Salamba Sarvanga I	223	7 ' 40 "
							Salamba Sarvanga II	235	4 ' 50 "
							Niralamba Sarvanga I	236	4 ' 50 "
							Niralamba Sarvanga II	237	4 ' 50 "
							Hala	244	7 ' 50 "
							Kamapida	246	6 ' 30 "
							Supta Kona	247	5 ' 40 "
							Parsva Hala	249	5 ' 30 "
							Ekapada Sarvanga	250	6 ' 20 "
							Parsvaikapada Sarvanga	251	5 ' 20 "
							Parsva Sarvanga	254	1 ' 20 "
							Setubandha Sarvanga	259	2 ' 40 "
							Ekapada Setubandha Sarvanga	260	2 ' 40 "
							Urdhva Padma in Sarvanga	261	3 ' 40 "
							Pinda in Sarvanga	269	3 ' 40 "
							Parsva Pinda in Sarvanga	270	2 ' 50 "
							Jatara Parivartan	275	5 ' 20 "
							Supta Padangustha	285	2 ' 50 "
							Ananta	290	1 ' 10 "
							Urdhva Prasarita Pada	276	
							Paschimottan	160	
							Parivritta Paschimotan	165	

				Urdhva Mukha Paschimottan I	168 2'
				Akarna Dhanura	173 2' 40"
Bhujapida	348			Bhujapida	348
Kurma	363			Kurma	363
Supta Kurma	368			Supta Kurma	368
Ekapada Sirsa	371			Ekapada Sirsa	371
				Padma	104 2' 20"
				Parvata	107 2' 20"
				Tola	108 2' 20"
				Simha I	109 2' 20"
				Simha II	110 2'
				Matsya	113 3' 40"
				Kukkuta	115 2' 50"
				Garbha Pinda	116 2' 50"
				Goraksa	117 1' 10"
				Baddha Padma	118 2' 50"
				Yoga Mudra	120 2' 50"
Supta Vajra	124			Supta Vajra	124
				Bheka	100 1' 10"
				Baddha Kona	102 4' 30"
				Marichy III	303 4' 20"
				Ardha Matsyendra I	311 4' 40"
				Mala I	321 1' 10"
Pasa	328			Pasa	328
				Uttanapada	292 2'
Urdhva Dhanura II	486			Urdhva Dhanura II	486
				Uttan	48 4' 30"
				Sava	592 7' 50"

Les 64	tijd	Asana	ref. Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhramari	32/128/64/128	Y.S. II 29-31	Salamba Sirsa I	184 5' 40"
			Mudra			Salamba Sirsa II	192 1' 20"
			Sakti Calana			Salamba Sirsa III	194 1' 20"
						Badha Hasta Sirsa	198 1' 20"
						Mukta Hasta Sirsa	200 1' 20"
			Dhyana	tijd		Parsva Sirsa	202 5'
			AUM	30'		Parivrittaika Pada Sirsa	206 3'

10 "	Bhujapida	348
10 "	Kurma	363
10 "	Supta Kurma	368
10 "	Ekapada Sirsa	371

Ekapada Sirsa	208 5'
Parsvaikapada Sirsa	210 3'
Urdhva Padma in Sirsa	211 3' 50"
Parsva Urdhva Padma	215 3'
Pinda in Sirsa	218 3'
Salamba Sarvanga I	223 7' 50"
Salamba Sarvanga II	235 5'
Niralamba Sarvanga I	236 5'
Niralamba Sarvanga II	237 5'
Hala	244 8'
Karnapida	246 6' 40"
Supta Kona	247 5' 50"
Parsva Hala	249 5' 40"
Ekapada Sarvanga	250 6' 30"
Parsvaikapada Sarvanga	251 5' 30"
Parsva Sarvanga	254 1' 30"
Setubandha Sarvanga	259 2' 50"
Ekapada Setubandha Sarvanga	260 2' 50"
Urdhva Padma in Sarvanga	261 3' 50"
Pinda in Sarvanga	269 3' 50"
Parsva Pinda in Sarvanga	270 3'
Jatara Parivartan	275 5' 30"
Supta Padangustha	285 3'
Ananta	290 1' 20"
Urdhva Prasarita Pada	276 3' 40"
Paschimottan	160 5' 50"
Parivritta Paschimotan	165 1' 20"
Urdhva Paschimottan I	168 2' 10"
Akarna Dhanura	173 2' 50"
Bhujapida	348 10"
Kurma	363 10"
Supta Kurma	368 10"
Ekapada Sirsa	371 10"
Padma	104 2' 30"
Parvata	101 2' 30"
Tola	108 2' 30"
Simha I	109 2' 30"

				Simha II	110 2' 10"
				Matsya	113 3' 50"
				Kukkuta	115 3'
				Garbha Pinda	116 3'
				Goraksa	117 1' 20"
				Baddha Padma	118 3'
				Yoga Mudra	120 3'
10 "	Supta Vajra	124		Supta Vajra	124 10"
				Bheka	100 1' 20"
				Baddha Kona	102 4' 40"
				Marichy III	303 4' 30"
				Ardha Malsyendra I	311 4' 50"
				Mala I	321 1' 20"
10 "	Pasa	328		Pasa	328 10"
				Uttanapada	292 2' 10"
10 "	Urdhva Dhanura II	486		Urdhva Dhanura II	486 10"
				Uttan	48 4' 40"
				Sava	592 8'

Les 65	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Murca	32/128/64/128	Y.S. II 32-34	Salamba Sirsa I	184	5' 50"
				Mudra			Salamba Sirsa II	192	1' 30"
				Maha			Salamba Sirsa III	194	1' 30"
				Dhyana	tijd		Badha Hasta Sirsa	198	1' 30"
				AUM	30'		Mukta Hasta Sirsa	200	1' 30"
							Parsva Sirsa	202	5' 10"
							Parivrittaika Pada Sirsa	206	3' 10"
							Ekapada Sirsa	208	5' 10"
							Parsvaikapada Sirsa	210	3' 10"
							Urdhva Padma in Sirsa	211	4'
							Parsva Urdhva Padma	215	3' 10"
							Pinda in Sirsa	218	3' 10"
							Salamba Sarvanga I	223	8'
							Salamba Sarvanga II	235	5' 10'
							Niralamba Sarvanga I	236	5' 10'
							Niralamba Sarvanga II	237	5' 10"
							Hala	244	8' 10"

20 "	Bhujapida	348
20 "	Kurma	363
20 "	Supta Kurma	368
20 "	Ekapada Sirsa	371

20 "	Supta Vajra	124
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Karnapida	246 6 ' 50 "
Supta Kona	247 6 '
Parsva Hala	249 5 ' 50 "
Ekapada Sarvanga	250 6 ' 40 "
Parsvaikapada Sarvanga	251 5 ' 40 "
Parsva Sarvanga	254 1 ' 40 "
Setubandha Sarvanga	259 3 '
Ekapada Setubandha Sarvanga	260 3 '
Urdhva Padma in Sarvanga	261 4 '
Pinda in Sarvanga	269 4 '
Parsva Pinda in Sarvanga	270 3 ' 10 "
Jatara Parivartan	275 5 ' 40 "
Supta Padangustha	285 3 ' 10 "
Ananta	290 1 ' 30 "
Urdhva Prasarita Pada	276 3 ' 50 "
Paschimottan	160 6 '
Parivritta Paschimottan	165 1 ' 30 "
Urdhva Mukha Paschimottan I	168 2 ' 30 "
Akama Dhanura	173 3 '
Bhujapida	348 20 "
Kurma	363 20 "
Supta Kurma	368 20 "
Ekapada Sirsa	371 20 "
Padma	104 2 ' 40 "
Parvata	107 2 ' 40 "
Tola	108 2 ' 40 "
Simha I	109 2 ' 40 "
Simha II	110 2 ' 20 "
Matsya	113 4 '
Kukkuta	115 3 ' 10 "
Garbha Pinda	116 3 ' 10 "
Goraksa	117 1 ' 30 "
Baddha Padma	118 3 ' 10 "
Yoga Mudra	120 3 ' 10 "
Supta Vajra	124 20 "
Bheka	100 1 ' 30 "
Baddha Kona	102 4 ' 50 "

					Parsva Pinda in Sarvanga	270 3 ' 20 "
					Jatara Parivartan	275 5 ' 50 "
					Supta Padangustha	285 3 ' 20 "
					Ananta	290 1 ' 40 "
					Urdhva Prasarita Pada	276 4 '
					Paschimottan	160 6' 10 "
					Parivritta Paschimotan	165 1 ' 40 "
					Urdhva Mukha Paschimottan I	168 2 ' 30 "
					Akarna Dhanura	173 3 ' 10 "
30 "	Bhujapida	348			Bhujapida	348 30 "
30 "	Kurma	363			Kurma	363 30 "
30 "	Supta Kurma	368			Supta Kurma	368 30 "
30 "	Ekapada Sirsa	371			Ekapada Sirsa	371 30 "
					Padma	104 2' 50 "
					Parvata	107 2' 50 "
					Tola	108 2' 50 "
					Simha I	109 2' 50 "
					Simha II	110 2 ' 30 "
					Matsya	113 4 ' 10 "
					Kukkuta	115 3 ' 20 "
					Garbha Pinda	116 3 ' 20 "
					Goraksa	117 1 '40
					Baddha Padma	118 3 ' 20 "
					Yoga Mudra	120 3 ' 20 "
30 "	Supta Vajra	124			Supta Vajra	124 30 "
					Bheka	100 1 '40'
					Baddha Kona	102 5'
					Marichy III	303 4 ' 50 "
					Ardha Matsyendra I	311 5 ' 10 "
					Mala I	321 1 ' 40 "
30 "	Pasa	328			Pasa	328 30 "
					Uttanapada	292 2 ' 30 "
30 "	Urdhva Dhanura II	486			Urdhva Dhanura II	486 30 "
					Uttan	48 5 '
					Sava	592 8 ' 20 "

Les 67	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref	tijd
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Plavini	32/128/64/128 Y.S. II 46-53	Salamba Sirsa I	184 6' 10"
		Salamba Sirsa II	192 1' 50"
Mudra		Salamba Sirsa III	194 1' 50"
Maha Bandha		Badha Hasta Sirsa	198 1' 50"
		Mukta Hasta Sirsa	200 1' 50"
Dhyana	tijd	Parsva Sirsa	202 5' 30"
AUM	30'	Parivrittaika Pada Sirsa	206 3' 30"
		Ekapada Sirsa	208 5' 30"
		Parsvaikapada Sirsa	210 3' 30"
		Urdhva Padma in Sirsa	211 4' 20"
		Parsva Urdhva Padma	215 3' 30"
		Pinda in Sirsa	218 3' 30"
		Salamba Sarvanga I	223 8' 20"
		Salamba Sarvanga II	235 5' 30"
		Niralamba Sarvanga I	236 5' 30"
		Niralamba Sarvanga II	237 5' 30"
		Hala	244 8' 30"
		Karnapida	246 7' 10"
		Supta Kona	247 6' 20"
		Parsva Hala	249 6' 10"
		Ekapada Sarvanga	250 7'
		Parsvaikapada Sarvanga	251 6'
		Parsva Sarvanga	254 2'
		Setubandha Sarvanga	259 3' 20"
		Ekapada Setubandha Sarvanga	260 3' 20"
		Urdhva Padma in Sarvanga	261 4' 20"
		Pinda in Sarvanga	269 4' 20"
		Parsva Pinda in Sarvanga	270 3' 30"
		Jatara Parivartan	275 6'
		Supta Padangustha	285 3' 30"
		Ananta	290 1' 50"
		Urdhva Prasarita Pada	276 4' 10"
		Paschimottan	160 6' 20"
		Parivritta Paschimotan	165 1' 50"
		Urdhva Mukha Paschimottan I	168 2' 40"
		Akarna Dhanura	173 3' 20"
		Bhujapida	348 40"

40 "	Kurma	363
40 "	Supta Kunna	368
40 "	Ekapada Sirsa	371

40 "	Supta Vajra	124
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40 "	Pasa	328
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40 "	Urdhva Dhanura II	486
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Les 68	tijd	Asana
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ref.	Pranayama	ritme	Theorie
	Plavini	32/128/64/128	Y.S. II 54-55

Mudra
Maha Bandha

Dhyana	tijd
AUM	30 '

Kurma	363 40 "
Supta Kurma	368 40 "
Ekapada Sirsa	371 40 "
Padma	104 3 '
Parvata	107 3 '
Tola	108 3 '
Simha I	109 3 '
Simha II	110 2 ' 40 "
Matsya	113 4 ' 20 "
Kukkuta	115 3 ' 30 "
Garbha Pinda	116 3 ' 30 "
Goraksa	117 1 ' 50 "
Baddha Padma	118 3 ' 30 "
Yoga Mudra	120 3 ' 30 "
Supta Vajra	124 40 "
Bheka	100 1 ' 50 "
Baddha Kona	102 5 ' 10 "
Marichy III	303 5 '
Ardha Matsyendra I	311 5 ' 20 "
Mala I	321 1 ' 50 "
Pasa	328 40 "
Uttanapada	292 2 ' 40 "
Urdhva Dhanura II	486 40 "
Uttan	48 5 ' 10 "
Sava	592 8 ' 30 "

Asana's thuis	ref	tijd
Salamba Sirsa I	184	6 ' 20 "
Salamba Sirsa II	192	2 '
Salamba Sirsa III	194	2 '
Baddha Hasta Sirsa	198	2 '
Mukta Hasta Sirsa	200	2 '
Parsva Sirsa	202	5 ' 40 "
Panvrittaika Pada Sirsa	206	3 ' 40 "
Ekapada Sirsa	208	5 ' 40 "
Parsyaikapada Sirsa	210	3 ' 40 "
Urdhva Padma in Sirsa	211	4 ' 30 "

50 "	Bhujapida	348
50 "	Kurma	363
50 "	Supta Kurma	368
50 "	Ekapada Sirsa	371

Parsva Urdhva Padma	215 3 ' 40 "
Pinda in Sirsa	218 3 ' 40 "
Salamba Sarvanga I	223 8 ' 30 "
Salamba Sarvanga II	235 5 ' 40 "
Niralamba Sarvanga I	236 5 ' 40 "
Niralamba Sarvanga II	237 5 ' 40 "
Hala	244 8 ' 40 "
Karnapida	246 7 ' 20 "
Supta Kona	247 6 ' 30 "
Parsva Hala	249 6 ' 20 "
Ekapada Sarvanga	250 7 ' 10 "
Parsvaikapada Sarvanga	251 6 ' 10 "
Parsva Sarvanga	254 2 ' 10 "
Setubandha Sarvanga	259 3 ' 30 "
Ekapada Setubandha Sarvanga	260 3 ' 30 "
Urdhva Padma in Sarvanga	261 4 ' 30 "
Pinda in Sarvanga	269 4 ' 30 "
Parsva Pinda in Sarvanga	270 3 ' 40 "
Jatara Parivartan	275 6 ' 10 "
Supta Padangustha	285 3 ' 40 "
Ananta	290 2 ' "
Urdhva Prasarita Pada	276 4 ' 20 "
Paschimottan	160 6 ' 30 "
Parivritta Paschimotan	165 2 ' "
Urdhva Mukha Paschimottan I	168 2 ' 50 "
Akarna Dhanura	173 3 ' 30 "
Bhujapida	348 50 "
Kurma	363 50 "
Supta Kurma	368 50 "
Ekapada Sirsa	371 50 "
Padma	104 3 ' 10 "
Parvata	107 3 ' 10 "
Tola	108 3 ' 10 "
Simha I	109 3 ' 10 "
Simha II	110 2 ' 50 "
Matsya	113 4 ' 30 "
Kukkuta	115 3 ' 40 "

1'	Bhujapida	348
1'	Kurma	363
1'	Supta Kurma	368
1'	Ekapada Sirsa	371

1'	Supta Vajra	124
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Ekapada Sarvanga	250 7' 20"
Parsvaikapada Sarvanga	251 6' 20"
Parsva Sarvanga	254 2' 20"
Setubandha Sarvanga	259 3' 40"
Ekapada Setubandha Sarvanga	260 3' 40"
Urdhva Padma in Sarvanga	261 3' 40"
Pinda in Sarvanga	269 4' 40"
Parsva Pinda in Sarvanga	270 3' 50"
Jatara Parivartan	275 6' 20"
Supta Padangustha	285 3' 50"
Ananta	290 2' 10"
Urdhva Prasarita Pada	276 4' 30"
Paschimottan	160 6' 40"
Parivritta Paschimottan	165 2' 10"
Urdhva Mukha Paschimottan I	168 3'
Akarna Dhanura	173 3' 40"
Bhujapida	348 1'
Kurma	363 1'
Supta Kurma	368 1'
Ekapada Sirsa	371 1'
Padma	104 3' 20"
Parvata	107 3' 20"
Tola	108 3' 20"
Simha I	109 3' 20"
Simha II	110 3'
Matsya	113 4' 40"
Kukkuta	115 3' 50"
Garbha Pinda	116 3' 50"
Goraksa	117 2' 10"
Baddha Padma	118 3' 50"
Yoga Mudra	120 3' 50"
Supta Vajra	124 1'
Bheka	100 2' 10"
Baddha Kona	102 5' 30"
Marichy III	303 5' 20"
Ardha Matsyendra I	311 5' 40"
Mala I	321 2' 10"

1'	Pasa	328			Pasa	328	1'
1'	Urdhva Dhanura II	486			Uttanapada	292	3'
					Urdhva Dhanura II	486	1'
					Uttan	48	5' 30"
					Sava	592	8' 50"
Les 70 tijd	Asana	ref. Pranayama Surya	ritme 36/144/72/144	Theorie Y.S. III 9-13	Asana's thuis	ref	tijd
		Mudra Maha Vedha			Salamba Sirsa I	184	6' 40"
		Dhyana AUM	tijd 30'		Parsva Sirsa	202	6'
					Parivrittaika Pada Sirsa	206	4'
					Ekapada Sirsa	208	4'
					Parsvaikapada Sirsa	210	4'
					Urdhva Padma in Sirsa	211	4' 30"
					Parsva Urdhva Padma	215	4'
					Pinda in Sirsa	218	4'
					Salamba Sarvanga I	223	8' 50"
					Salamba Sarvanga II	235	6'
					Niralamba Sarvanga I	236	6'
					Niralamba Sarvanga II	237	6'
					Hala	244	9'
					Karnapida	246	7' 40"
					Supta Kona	247	6' 50"
					Parsva Hala	249	6' 50"
					Ekapada Sarvanga	250	7' 30"
					Parsvaikapada Sarvanga	251	6' 30"
					Parsva Sarvanga	254	2' 30"
					Setubandha Sarvanga	259	3' 50"
					Ekapada Setubandha Sarvanga	260	3' 50"
					Urdhva Padma in Sarvanga	261	3' 50"
					Pinda in Sarvanga	269	4' 50"
					Parsva Pinda in Sarvanga	270	4'
					Jatara Parivartan	275	6' 30"
					Supta Padangustha	285	4'
					Ananta	290	2' 20"
					Paschimottan	160	6' 50"
					Parivritta Paschimottan	165	2' 20"
					Akarna Dhanura	173	3' 50"

Skanda	372
Astvakra	342
Ekahasta Bhujā	344
Dvihasta Bhujā	345
Adhomukha Vrksa	359

Kurma	363 1' 10"
Supta Kurma	368 1' 10"
Ekapada Sirsa	371 1' 10"
Skanda	372
Bhujapida	348 1' 10"
Astvakra	342
Ekahasta Bhujā	344
Dvihasta Bhujā	345
Adhomukha Vrksa	359
Padma	104 3' 30"
Parvata	107 3' 30"
Tola	108 3' 30"
Simha I	109 3' 30"
Simha II	110 3' 10"
Matsya	113 4' 50"
Kukkuta	115 4'
Garbha Pinda	116 4'
Goraksa	117 2'20'
Baddha Padma	118 4'
Yoga Mudra	120 4'
Supta Vajra	124 1' 10"
Marichy III	303 5' 30"
Ardha Matsyendra 1	311 5' 50"
Pasa	328 1' 10"
Uttanapada	292 3' 10"
Urdhva Dhanura II	486 1' 10"
Uttan	48 5' 40"
Sava	592 9'

Les 71	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref	tijd
				Ujjayi	36/144/72/144	Y.S. III 14-16	Salamba Sirsa I	184	6' 50"
				Mudra			Parsva Sirsa	202	6' 10"
				Khecari			Parivrittaika Pada Sirsa	206	4' 10"
				Dhyana	tijd		Ekapada Sirsa	208	4' 10"
				AUM	30'		Parsvaikapada Sirsa	210	4' 10"
							Urdhva Padma in Sirsa	211	4' 40"
							Parsva Urdhva Padma	215	4' 10"

10 "	Skanda	372
10 "	Astvakra	342
10 "	Ekahasta Bhujā	344
10 "	Dvihasta Bhujā	345
10 "	Adhomukha Vrksa	359

Pinda in Sirsa	218 4 ' 10 "
Salamba Sarvanga I	223 9 '
Salamba Sarvanga II	235 6 ' 10 "
Niralamba Sarvanga I	236 6 ' 10 "
Niralamba Sarvanga II	237 6 ' 10 "
Hala	244 9 ' 10 "
Karnapida	246 7 ' 50 "
Supta Kona	247 7 '
Parsva Hala	249 7 '
Ekapada Sarvanga	250 7 ' 40 "
Parsvaikapada Sarvanga	251 6 ' 40 "
Parsva Sarvanga	254 2 ' 40 "
Setubandha Sarvanga	259 4 '
Ekapada Setubandha Sarvanga	260 4 '
Urdhva Padma in Sarvanga	261 4 '
Pinda in Sarvanga	269 5 '
Parsva Pinda Sarvanga	270 4 '
Jatara Panvartan	275 6 ' 40 "
Supta Padangustha	285 4 ' 10 "
Ananta	290 2 ' 30 "
Paschimottan	160 7 '
Parivritta Paschimottan	165 2 ' 30 "
Akarna Dhanura	173 4 '
Kurma	363 1 ' 20 "
Supta Kurma	368 1 ' 20 "
Ekapada Sirsa	371 1 ' 20 "
Skanda	372 10 "
Bhujapida	348 1 ' 20 "
Astvakra	342 10 "
Ekahasta Bhujā	344 10 "
Dvihasta Bhujā	345 10 "
Adhomukha Vrksa	359 10 "
Padma	104 3 ' 40 "
Parvata	107 3 ' 40 "
Tola	108 3 ' 40 "
Simha I	109 3 ' 40 "
Simha II	110 3 ' 20 "

Matsya	113 5'
Kukkuta	115 4' 10"
Garbha Pinda	116 4' 10"
Goraksa	117 2' 30"
Baddha Padma	118 4' 10"
Yoga Mudra	120 4' 10"
Supta Vajra	124 1' 20"
Marichy III	303 5' 40"
Ardha Matsyendra I	311 6'
Pasa	328 1' 20"
Uttanapada	292 3' 20"
Urdhva Dhanura II	486 1' 20"
Uttan	48 5' 50"
Sava	592 9' 10"

Les 72	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
		Ujjayi			36/144/72/144	Y.S. III 17-18	Salamba Sirsa I	184	7'
		Mudra					Parsva Sirsa	202	6' 20"
		Khecari					Parivrittaika Pada Sirsa	206	4' 20"
		Dhyana			tijd		Ekapada Sirsa	208	4' 20"
		AUM			30'		Parsvaikapada Sirsa	210	4' 20"
							Urdhva Padma in Sirsa	211	4' 50"
							Parsva Urdhva Padma	215	4' 20"
							Pinda in Sirsa	218	4' 20"
							Salamba Sarvanga I	223	9' 10"
							Salamba Sarvanga II	235	6' 20"
							Niralamba Sarvanga I	236	6' 20"
							Niralamba Sarvanga II	237	6' 20"
							Hala	244	9' 20"
							Karnapida	246	8'
							Supta Kona	247	7' 10"
							Parsva Hala	249	7' 10"
							Ekapada Sarvanga	250	7' 50"
							Parsvaikapada Sarvanga	251	6' 50"
							Parsva Sarvanga	254	2' 50"
							Setubandha Sarvanga	259	4' 10"
							Ekapada Setubandha Sarvanga	260	4' 10"

20 "	Skanda	372
20 "	Astavakra	342
20 "	Ekahasta Bhujā	344
20 "	Dvihasta Bhujā	345
20 "	Adhomukha Vrksa	359

Urdhva Padma in Sarvanga	261 4 ' 10 "
Pinda in Sarvanga	269 5 ' 10 "
Parsva Pinda in Sarvanga	270 4 ' 20 "
Jatara Parivartan	275 6 ' 50 "
Supta Padangustha	285 4 ' 20 "
Ananta	290 2 ' 40 "
Paschimottan	160 7 ' 10 "
Parivritta Paschimottan	165 2 ' 40 "
Akarna Dhanura	173 4 ' 10 "
Kurma	363 1 ' 30 "
Supta Kurma	368 1 ' 30 "
Ekapada Sirsa	371 1 ' 30 "
Skanda	372 20 "
Bhujapida	348 1 ' 30 "
Astavakra	342 20 "
Ekahasta Bhujā	344 20 "
Dvihasta Bhujā	345 20 "
Adhomukha Vrksa	359 20 "
Padma	104 3 ' 50 "
Parvata	107 3 ' 50 "
Tola	108 3 ' 50 "
Simha I	109 3 ' 50 "
Simha II	110 3 ' 50 "
Matsya	113 5 ' 10 "
Kukkuta	115 4 ' 20 "
Garbha Pinda	116 4 ' 20 "
Goraksa	117 2 ' 40 "
Baddha Padma	118 4 ' 20 "
Yoga Mudra	120 4 ' 20 "
Supta Vajra	124 1 ' 30 "
Marichy III	303 5 ' 50 "
Ardha Matsyendra I	311 6 ' 10 "
Pasa	328 1 ' 30 "
Uttanapada	292 3 ' 30 "
Urdhva Dhanura II	486 1 ' 30 "
Uttan	48 6 ' "
Sava	592 9 ' 20 "

Les 73 tijd Asana

ref Pranayama ritme Theorie
Sitkari 36/144/72/144 Y.S. III 19-20

Mudra
Uddiyana Bandha

Dhyana tijd
AUM 30 '

Asana's thuis ref tijd
Salamba Sirsa I 184 7 ' 10 "
Parsva Sirsa 202 6 ' 30 "
Parivrittaika Pada Sirsa 206 4 ' 30 "
Ekapada Sirsa 208 4 ' 30 "
Parsvaikapada Sirsa 210 4 ' 30 "
Urdhva Padma in Sirsa 211 5 '
Parsva Urdhva Padma 215 4 ' 30 "
Pinda in Sirsa 218 4 ' 30 "
Salamba Sarvanga I 223 9 ' 20 "
Salamba Sarvanga II 235 6 ' 30 "
Niralamba Sarvanga I 236 6 ' 30 "
Niralamba Sarvanga II 237 6 ' 30 "
Hala 244 9 ' 30 "
Karnapida 246 8 ' 10 "
Supta Kona 247 7 ' 20 "
Parsva Hala 249 7 ' 20 "
Ekapada Sarvanga 250 8 '
Parsvaikapada Sarvanga 251 7 '
Parsva Sarvanga 254 3 '
Setubandha Sarvanga 259 4 ' 20 "
Ekapada Setubandha Sarvanga 260 4 ' 20 "
Urdhva Padma in Sarvanga 261 4 ' 20 "
Pinda in Sarvanga 269 5 ' 20 "
Parsva Pinda in Sarvanga 270 4 ' 20 "
Jatara Parivartan 275 7 '
Supta Padangustha 285 4 ' 30 "
Ananta 290 2 ' 50 "
Paschimottan 160 7 ' 20 "
Parivritta Paschimottan 165 2 ' 50 "
Akarna Dhanura 173 4 ' 20 "
Kurma 363 1 ' 40 "
Supta Kurma 368 1 ' 40 "
Ekapada Sirsa 371 1 ' 40 "
Skanda 372 30 "
Bhujapida 348 1 ' 40 "

30 " Skanda

372

30 "	Astavakra	342
30 "	Ekahasta Bhujā	344
30 "	Dvihasta Bhujā	345
30 "	Adhomukha Vrksa	359

Astavakra	342 30 "
Ekahasta Bhujā	344 30 "
Dvihasta Bhujā	345 30 "
Adhomukha Vrksa	359 30 "
Padma	104 4 '
Parvata	107 4 '
Tola	108 4 '
Simha I	109 4 '
Simha II	110 3 ' 40 "
Matsya	113 5 ' 20 "
Kukkuta	115 4 ' 30 "
Garbha Pinda	116 4 ' 30 "
Goraksa	117 2 ' 50 "
Baddha Padma	118 4 ' 30 "
Yoga Mudra	120 4 ' 30 "
Supta Vajra	124 1 ' 40 "
Marichy III	303 6 '
Ardha Matsyendra I	311 6 ' 20 "
Pasa	328 1 ' 40 "
Uttanapada	292 3 ' 40 "
Urdhva Dhanura II	486 1 ' 40 "
Uttan	48 6 ' 10 "
Sava	592 9 ' 30 "

Les 74	tijd	Asana	ref	Pranayama	ritme	Theone	Asana's thuis	ref	tijd
		Sitkari			36/144/72/144	Y.S. III 21-22	Salamba Sirsa I	184	7 ' 20 "
		Mudra					Parsva Sirsa	202	6 ' 40 "
		Uddiyana Bandha					Parivrittaika Pada Sirsa	206	4 ' 40 "
							Ekapada Sirsa	208	4 ' 40 "
							Parsvaikapada Sirsa	210	4 ' 40 "
		Dhyana		tijd			Urdhva Padma in Sirsa	211	5 ' 10 "
		AUM		30 '			Parsva Urdhva Padma	215	4 ' 40 "
							Pinda in Sirsa	218	4 ' 40 "
							Salamba Sarvanga I	223	9 ' 30 "
							Salamba Sarvanga II	235	6 ' 40 "
							Niralamba Sarvanga I	236	6 ' 40 "
							Niralamba Sarvanga II	237	6 ' 40 "

40 "	Skanda	372
40 "	Astavakra	342
40 "	Ekahasta Bhuja	344
40 "	Dvihasta Bhuja	345
40 "	Adhomukha Vrksa	359

Hala	244 9' 40 "
Karnapida	246 8' 20 "
Supta Kona	247 7' 30 "
Parsva Hala	249 7' 30 "
Ekapada Sarvanga	250 8' 10 "
Parsvaikapada Sarvanga	251 7' 10 "
Parsva Sarvanga	254 3' 10 "
Setubandha Sarvanga	259 4' 30 "
Ekapada Setubandha Sarvanga	260 4' 30 "
Urdhva Padma in Sarvanga	261 4' 30 "
Pinda in Sarvanga	269 5' 30 "
Parsva Pinda in Sarvanga	270 4' 30 "
Jatara Parivartan	275 7' 10 "
Supta Padangustha	285 4' 40 "
Ananta	290 3'
Paschimottan	160 7' 30 "
Parivrttta Paschimottan	165 3'
Akarna Dhanura	173 4' 30 "
Kurma	363 1' 50 "
Supta Kurma	368 1' 50 "
Ekapada Sirsa	371 1' 50 "
Skanda	372 40 "
Bhujapida	348 1' 50 "
Astavakra	342 40 "
Ekahasta Bhuja	344 40 "
Bhuja	345 40 "
Adhomukha Vrksa	359 40 "
Padma	104 4' 10 "
Parvata	107 4' 10 "
Tola	108 4' 10 "
Simha I	109 4' 10 "
Simha II	110 3' 50 "
Matsya	113 5' 30 "
Kukkuta	115 4' 40 "
Garbha Pinda	116 4' 40 "
Goraksa	117 3'
Baddha Padma	118 4' 40 "

Yoga Mudra	120 4 ' 40 "
Supta Vajra	124 1 ' 50 "
Marichy III	303 6 ' 10 "
Ardha Matsyendra I	311 6 ' 30 "
Pasa	328 1 ' 50 "
Uttanapada	292 3 ' 50 "
Urdhva Dhanura II	486 1 ' 50 "
Uttan	48 6 ' 20 "
Sava	592 9 ' 40 "

Les 75 tijd Asana

ref	Pranayama	ritme	Theorie
	Sitali	36/144/72/144	Y.S. III 23-24
	Mudra		
	Mula Bandha		
	Dhyana	tijd	
	AUM	30 '	

Asana's thuis	ref.	tijd
Salamba Sirsa I	184	7 ' 30 "
Parsva Sirsa	202	6 ' 50 "
Parivrittaika Pada Sirsa	206	4 ' 50 "
Ekapada Sirsa	208	4 ' 50 "
Parsvaikapada Sirsa	210	4 ' 50 "
Urdhva Padma in Sirsa	211	4 ' 50 "
Parsva Urdhva Padma	215	4 ' 50 "
Pinda in Sirsa	218	4 ' 50 "
Salamba Sarvanga I	223	9 ' 40 "
Salamba Sarvanga II	235	6 ' 50 "
Niralamba Sarvanga I	236	6 ' 50 "
Niralamba Sarvanga II	237	6 ' 50 "
Hala	244	9 ' 50 "
Karnapida	246	8 ' 30 "
Supta Kona	247	7 ' 40 "
Parsva Hala	249	7 ' 40 "
Ekapada Sarvanga	250	8 ' 20 "
Parsvaikapada Sarvanga	251	7 ' 20 "
Parsva Sarvanga	254	3 ' 20 "
Setubandha Sarvanga	259	4 ' 40 "
Ekapada Setubandha Sarvanga	260	4 ' 40 "
Urdhva Padma in Sarvanga	261	4 ' 40 "
Pinda in Sarvanga	269	5 ' 40 "
Parsva Pinda in Sarvanga	270	4 ' 40 "
Jatara Parivarian	275	7 ' 20 "
Supta Padangustha	285	4 ' 50 "

50 "	Skanda	372
50 "	Astavakra	342
50 "	Ekahasta Bhuja	344
50 "	Dvihasta Bhuja	345
50 "	Adhomukha Vrksa	359

Ananta	290 3 ' 10 "
Paschimottan	160 7 ' 40 "
Parivritta Paschimottan	165 3 ' 10 "
Akarna Dhanura	173 4 " 40 "
Kurma	363 2 '
Supta Kurma	368 2 '
Ekapada Sirsa	371 2 '
Skanda	372 50 "
Bhujapida	348 2 '
Astavakra	342 50 "
Ekahasta Bhuja	344 50 "
Dvihasta Bhuja	345 50 "
Adhomukha Vrksa	359 50 "
Padma	104 4 ' 20 "
Parvata	107 4 ' 20 "
Tola	108 4 ' 20 "
Simha I	109 4 ' 20 "
Simha II	110 4 '
Matsya	113 5 ' 40 "
Kukkuta	115 4 ' 50 "
Garbha Pinda	116 4 ' 50 "
Goraksa	117 3 ' 10 "
Baddha Padma	118 4 ' 50 "
Yoga Mudra	120 4 ' 50 "
Supta Vajra	124 2 '
Marichy III	303 6 ' 20 "
Ardha Matsyendra I	311 6 ' 40 "
Pasa	328 2 '
Uttanapada	292 4 '
Urdhva Dhanura II	486 2 '
Uttan	48 6 ' 30 "
Sava	592 9 ' 50 "

Les 76 tijd	Asana	ref. Pranayama	ritme	Theorie
		Sitali	36/144/72/144	Y.S. III 25-26
		Mudra		

Asana's thuis	ref. tijd
Salamba Sirsa 1	184 7 ' 40 "
Parsva Sirsa	202 7 '
Parivrittaika Pada Sirsa	206 5 '

		Mula Bandha		Ekapada Sirsa	208 5'
				Parsvaikapada Sirsa	210 5'
		Dhyana	tijd	Urdhva Padma in Sirsa	211 5' 30"
		AUM	30'	Parsva Urdhva Padma	215 5'
				Pinda in Sirsa	218 5'
				Salamba Sarvanga I	223 9' 50"
				Salamba Sarvanga II	235 7'
				Niralamba Sarvanga I	236 7'
				Niralamba Sarvanga II	237 7'
				Hala	244 10'
				Karnapida	246 8' 40"
				Supta Kona	247 7' 50"
				Parsva Hala	249 7' 50"
				Ekapada Sarvanga	250 8' 30"
				Parsvaikapada Sarvanga	251 7' 30"
				Parsva Sarvanga	254 3' 30"
				Setubandha Sarvanga	259 4' 50"
				Ekapada Setubandha Sarvanga	260 4' 50"
				Urdhva Padma in Sarvanga	261 4' 50"
				Pinda in Sarvanga	269 5' 50"
				Parsva Pinda in Sarvanga	270 5'
				Jatara Parivartan	275 7' 30"
				Supta Padangustha	285 5'
				Ananta	290 3' 20"
				Paschimottan	160 7' 50"
				Parivritta Paschimottan	165 3' 20"
				Akarna Dhanura	173 4' 50"
				Kurma	363 2' 10"
				Supta Kurma	368 2' 10"
				Ekapada Sirsa	371 2' 10"
1'	Skanda	372		Skanda	372 1'
				Bhujapida	348 2' 10"
1'	Astavakra	342		Astavakra	342 1'
1'	Ekahasta Bhuj	344		Ekahasta Bhuj	344 1'
1'	Dvihasta Bhuj	345		Dvihasta Bhuj	345 1'
1'	Adhomukha Vrksa	359		Adhomukha Vrksa	359 1'
				Padma	104 4' 30"

Parvata	107 4 ' 30 "
Tola	108 4 ' 30 "
Simha I	109 4 ' 30 "
Simha II	110 4 ' 10 "
Matsya	113 5 ' 50 "
Kukkuta	115 5 ' "
Garbha Pinda	116 5 ' "
Goraksa	117 3'20'
Baddha Padma	118 5 ' "
Yoga Mudra	120 5 ' "
Supta Vajra	124 2 ' 10 "
Marichy III	303 6 ' 30 "
Ardha Matsyendra I	311 6 ' 50 "
Pasa	328 2 ' 10 "
Uttanapada	292 4 ' 10 "
Urdhva Dhanura II	486 2 ' 10 "
Uttan	48 6 ' 40 "
Sava	592 10 ' "

Les 77 tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhastrika	36/144/72/144	Y.S. III 27-28	Salamba Sirsa 1	184 7 ' 50 "
			Mudra			Parsva Sirsa	202 7 ' 10 "
			Jalandhara Bandha			Parivrittaika Pada Sirsa	206 5 ' 10 "
			Dhyana	tijd		Ekapada Sirsa	208 5 ' 10 "
			AUM	30 ' "		Parsvaikapada Sirsa	210 5 ' 10 "
	Mayura	354				Urdhva Padma in Sirsa	211 5 ' 40 "
	Padma Mayura	355				Parsva Urdhva Padma	215 5 ' 10 "
	Nakra	68				Pinda in Sirsa	218 5 ' 10 "
						Adhomukha Vrksa	359 1 ' 10 "
						Mayura	354
						Padma Mayura	355
						Nakra	68
						Salamba Sarvanga I	223 10 ' "
						Salamba Sarvanga II	235 7 ' 10 "
						Niralamba Sarvanga I	236 7 ' 10 "
						Niralamba Sarvanga II	237 7 ' 10 "
						Hala	244 10 ' 10 "

		Karnapida	246 8' 50"
		Supta Kona	247 8'
		Parsva Hala	249 8'
		Ekapada Sarvanga	250 8' 40"
		Parsvaikapada Sarvanga	251 7' 40"
		Parsva Sarvanga	254 3' 40"
		Setubandha Sarvanga	259 5'
		Ekapada Setubandha Sarvanga	260 5'
		Urdhva Padma in Sarvanga	261 5'
		Pinda in Sarvanga	269 5'
		Parsva Pinda in Sarvanga	270 5' 10"
		Jatara Parivartan	275 7' 40"
		Supta Padangustha	285 5' 10"
		Ananta	290 3' 30"
		Uttanapada	292 4' 20"
Setubandha	296	Setubandha	296
		Urdhva Dhanura II	496 2' 20"
		Marichy III	303 6' 40"
		Ardha Matsyendra I	311 7'
		Pasa	328 2' 20"
		Bhujapida	348 2' 20"
		Astavakra	342 1' 10"
Baka	406	Baka	406
		Paschimottan	160 8'
		Parivritta Paschimottan	165 3' 30"
		Upavista Kona	151 1' 40"
		Akarna Dhanura	173 5'
		Padma	104 4' 40"
		Parvata	107 4' 40"
		Tola	108 4' 40"
		Simha I	109 4' 40"
		Simha II	110 4' 20"
		Matsya	113 6'
		Kukkuta	115 5' 10"
		Garbha Pinda	116 5' 10"
		Goraksa	117 3' 30"
		Baddha Padma	118 5' 10"

Yoga Mudra	120 5 ' 10 "
Supta Vajra	124 2 ' 20 "
Kurma	363 2 ' 20 "
Supta Kurma	368 2 ' 20 "
Ekapada Sirsa	371 2 ' 20 "
Skanda	372 1 ' 10 "
Baddha Kona	102 3 ' 20 "
Bheka	100 1 ' 10 "
Supta Vira	96 2 ' 20 "
Sava	592 10 ' 10 "

Les 78	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref	tijd
				Bhastrika	36/144/72/144	Y.S. III 29-30	Salamba Sirsa I	184	8 '
				Mudra			Parsva Sirsa	202	7 ' 20 "
				Viparita Karani			Parivrittaika Pada Sirsa	206	5 ' 20 "
				Dhyana	tijd		Ekapada Sirsa	208	5 ' 20 "
				AUM	30 '		Parsvaikapada Sirsa	210	5 ' 20 "
							Urdhva Padma in Sirsa	211	5 ' 50 "
							Parsva Urdhva Padma	215	5 ' 20 "
							Pinda in Sirsa	218	5 ' 20 "
							Adhomukha Vrksa	359	1 ' 20 "
10 "		Mayura	354				Mayura	354	10 "
10 "		Padma Mayura	355				Padma Mayura	355	10 "
10 "		Nakra	68				Nakra	68	10 "
							Salamba Sarvanga I	223	10 ' 10 "
							Salamba Sarvanga II	235	7 ' 20 "
							Niralamba Sarvanga I	236	7 ' 20 "
							Niralamba Sarvanga II	237	7 ' 20 "
							Hala	244	10 ' 20 "
							Karnapida	246	9 '
							Supta Kona	247	8 ' 10 "
							Parsva Hala	249	8 ' 10 "
							Ekapada Sarvanga	250	8 ' 50 "
							Parsvaikapada Sarvanga	251	7 ' 50 "
							Parsva Sarvanga	254	3 ' 50 "
							Setubandha Sarvanga	259	5 ' 10 "
							Ekapada Setubandha Sarvanga	260	5 ' 10 "

			Urdhva Padma in Sarvanga	261 5' 10"
			Pinda in Sarvanga	269 5' 10"
			Parsva Pinda in Sarvanga	270 5' 10"
			Jatara Parivartan	275 7' 50"
			Supta Padangustha	285 5' 20"
			Ananta	290 3' 40"
10 "	Setubandha	296	Uttanapada	292 4' 30"
			Setubandha	296 10"
			Urdhva Dhanura II	486 2' 30"
			Matichy III	303 6' 50"
			Ardha Matsyendra I	311 7' 10"
			Pasa	328 2' 30"
			Bhujapida	348 2' 30"
			Astavakra	342 1' 20"
10 "	Baka	406	Baka	406 10"
			Paschimottan	160 8' 10"
			Parivritta Paschimottan	165 3' 40"
			Upavista Kona	151 1' 50"
			Akarna Dhanura	173 5' 10"
			Padma	104 4' 50"
			Parvata	107 4' 50"
			Tola	108 4' 50"
			Simha I	109 4' 50"
			Simha II	110 4' 30"
			Matsya	113 6' 10"
			Kukkuta	115 5' 20"
			Garbha Pinda	116 5' 20"
			Goraksa	117 3' 40"
			Baddha Padma	118 5' 20"
			Yoga Mudra	120 5' 20"
			Supta Vajra	124 2' 30"
			Kunna	363 2' 30"
			Supta Kurma	368 2' 30"
			Ekapada Sirsa	371 2' 30"
			Skanda	372 1' 20"
			Baddha Kona	102 3' 30"
			Bheka	100 1' 20"

Les 79	tijd	Asana	ref	Pranayama	ritme	Theorie	Supta Vira	96	2 ' 30 "
				Bhramari	36/144/72/144	Y.S. III 31-32	Sava	592	10 ' 20 "
				Mudra			Asana's thuis	ref.	tijd
				Viparita Karani			Salamba Sirsa I	184	8 ' 10 "
				Dhyana	tijd		Parsva Sirsa	202	7 ' 20 "
				AUM	35 '		Parivrittaika Pada Sirsa	206	5 ' 20 "
20 "		Mayura	354				Ekapada Sirsa	208	5 ' 20 "
20 "		Padma Mayura	355				Pasvaikapada Sirsa	210	5 ' 20 "
20 "		Nakra	68				Urdhva Padma in Sirsa	211	5 ' 50 "
							Parsva Urdhva Padma	215	5 ' 20 "
							Pinda in Sirsa	218	5 ' 20 "
							Adhomukha Vrksa	359	1 ' 20 "
							Mayura	354	20 "
							Padma Mayura	355	20 "
							Nakra	68	20 "
							Salamba Sarvanga I	223	10 ' 20 "
							Salamba Sarvanga II	235	7 ' 30 "
							Niralamba Sarvanga I	236	7 ' 30 "
							Niralamba Sarvanga II	237	7 ' 30 "
							Hala	244	10 ' 30 "
							Kamapida	246	9 ' 10 "
							Supta Kona	247	8 ' 20 "
							Parsva Hala	249	8 ' 20 "
							Ekapada Sarvanga	250	9 '
							Parsvaikapada Sarvanga	251	8 '
							Parsva Sarvanga	254	4 '
							Setubandha Sarvanga	259	5 ' 20 "
							Ekapada Setubandha Sarvanga	260	5 ' 20 "
							Urdhva Padma in Sarvanga	261	5 ' 20 "
							Pinda in Sarvanga	269	5 ' 20 "
							Parsva Pinda in Sarvanga	270	5 ' 30 "
							Jatara Parivartan	275	8 '
							Supta Padangustha	285	5 ' 30 "
							Ananta	290	3 ' 50 "
							Uttanapada	292	4 ' 40 "
20 "		Setubandha	296				Setubandha	296	20 "

20 " Baka

406

Urdhva Dhanura II	486 2 ' 40 "
Marichy III	303 7 '
Ardha Matsyendra I	311 7 ' 20 "
Pasa	328 2 ' 40 "
Bhujapida	348 2 ' 40 "
Astavakra	342 1 ' 30 "
Baka	406 20 "
Paschimottan	160 8 ' 20 "
Parivritta Paschimottan	165 3 ' 50 "
Upavista Kona	151 2 '
Akarna Dhanura	173 5 ' 20 "
Padma	104 5 '
Parvata	107 5 '
Tola	108 5 '
Simha I	109 5 '
Simha II	110 4 ' 40 "
Matsya	113 6 ' 20 "
Kukkuta	115 5 ' 30 "
Garbha Pinda	116 5 ' 30 "
Goraksa	117 3 ' 50 "
Baddha Padma	118 5 ' 30 "
Yoga Mudra	120 5 ' 30 "
Supta Vajra	124 2 ' 40 "
Kurma	363 2 ' 40 "
Supta Kurma	368 2 ' 40 "
Ekapada Sirsa	371 2 ' 40 "
Skanda	372 1 ' 30 "
Baddha Kona	102 3 ' 40 "
Bheka	100 1 ' 30 "
Supta Vira	96 2 ' 40 "
Sava	592 10 ' 30 "

Les 80 tijd Asana

ref Pranayama
Bhramari

ritme Theorie
36/144/72/144 Y.S. III 33-34

Mudra
Vajroli

Asana's thuis	ref tijd
Salamba Sirsa 1	184 8 ' 20 "
Parsva Sirsa	202 7 ' 40 "
Parivrittaika Pada Sirsa	206 5 ' 40 "
Ekapada Sirsa	208 5 ' 40 "

		Dhyana AUM	tijd 35 '		
				Parsvaikapada Sirsa	210 5 ' 40 "
				Urdhva Padma in Sirsa	211 6 ' 10 "
				Parsva Urdhva Padma	215 5 ' 40 "
				Pinda in Sirsa	218 5 ' 40 "
				Adhomukha Vrksa	359 1 ' 40 "
30 "	Mayura	354		Mayura	354 30 "
30 "	Padma Mayura	355		Padma Mayura	355 30 "
30 "	Nakra	68		Nakra	68 30 "
				Salamba Sarvanga I	223 10 ' 30 "
				Salamba Sarvanga II	235 7 ' 40 "
				Niralamba Sarvanga I	236 7 ' 40 "
				Niralamba Sarvanga II	237 7 ' 40 "
				Hala	244 10 ' 40 "
				Karnapida	246 9 ' 20 "
				Supta Kona	247 8 ' 30 "
				Parsva Hala	249 8 ' 30 "
				Ekapada Sarvanga	250 9 ' 10 "
				Parsvaikapada Sarvanga	251 8 ' 10 "
				Parsva Sarvanga	254 4 ' 10 "
				Setubandha Sarvanga	259 5 ' 30 "
				Ekapada Setubandha Sarvanga	260 5 ' 30 "
				Urdhva Padma in Sarvanga	261 5 ' 30 "
				Pinda in Sarvanga	269 5 ' 30 "
				Parsva Pinda in Sarvanga	270 5 ' 40 "
				Jatara Parivartan	275 8 ' 10 "
				Supta Padangustha	285 5 ' 40 "
				Ananta	290 4 '
				Uttanapada	292 4 ' 50 "
30 "	Setubandha	296		Setubandha	296 30 "
				Urdhva Dhanura II	486 2 ' 50 "
				Marichy III	303 7 ' 10 "
				Ardha Matsyendra I	311 7 ' 30 "
				Pasa	328 2 ' 50 "
				Bhujapida	348 2 ' 50 "
				Asatvakra	342 1 ' 40 "
30 "	Baka	406		Baka	406 30 "
				Paschimottan	160 8 ' 30 "

Parivritta Paschimottan	165 4'
Upavista Kona	151 2' 10"
Akarna Dhanura	173 5' 30"
Padma	104 5' 10"
Parvata	107 5' 10"
Tola	108 5' 10"
Simha I	109 5' 10"
Simha II	110 5'
Matsya	113 6' 30"
Kukkuta	115 5' 40"
Garbha Pinda	116 5' 40"
Goraksa	117 4'
Baddha Padma	118 5' 40"
Yoga Mudra	120 5' 40"
Supta Vajra	124 2' 50"
Kurma	363 2' 50"
Supta Kurma	368 2' 50"
Ekapada Sirsa	371 2' 50"
Skanda	372 1' 40"
Baddha Kona	102 3' 50"
Bheka	100 1' 40"
Supta Vira	96 2' 50"
Sava	592 10' 40"

Les 81	tijd	Asana	ref	Pranayama	ritme	Theorie	Asanas thuis	ref	tijd
				Murca	36/144/72/144	Savicara Samadhi Y.S. III 35-36	Salamba Sirsa I	184	8 ' 30 "
				Mudra			Parsva Sirsa	202	7 ' 50 "
				Vajroli			Parivrittaika Pada Sirsa	206	6 ' "
				Samadhi	tijd		Ekapada Sirsa	208	5 ' 50 "
				Savicara	35 ' "		Parsvaikapada Sirsa	210	5 ' 50 "
							Urdhva Padma in Sirsa	211	6 ' 20 "
							Parsva Urdhva Padma	215	5 ' 50 "
							Pinda in Sirsa	218	5 ' 50 "
							Adhomukha Vrksa	359	1 ' 50 "
40 "		Mayura	354				Mayura	354	40 "
40 "		Padma Mayura	355				Padma Mayura	355	40 "
40 "		Nakra	68				Nakra	68	40 "
							Salamba Sarvanga I	223	10 ' 40 "
							Salamba Sarvanga II	235	7 ' 50 "
							Niralamba Sarvanga I	236	7 ' 50 "
							Niralamba Sarvanga II	237	7 ' 50 "
							Hala	244	10 ' 50 "
							Karnapida	246	9 ' 30 "
							Supta Kona	247	8 ' 40 "
							Parsva Hala	249	8 ' 40 "
							Ekapada Sarvanga	250	9 ' 20 "
							Parsvaikapada Sarvanga	251	8 ' 20 "
							Parsva Sarvanga	254	4 ' 20 "
							Setubandha Sarvanga	259	5 ' 40 "
							Ekapada Setubandha Sarvanga	260	5 ' 40 "
							Urdhva Padma in Sarvanga	261	5 ' 40 "
							Pinda in Sarvanga	269	5 ' 40 "
							Parsva Pinda in Sarvanga	270	5 ' 50 ' "
							Jatara Parivartan	275	8 ' 20 "
							Supta Padangustha	285	5 ' 50 "
							Ananta	290	4 ' 10 "
							Uttanapada	292	5 ' "
40 "		Setubandha	296				Setubandha	296	40 "
							Urdhva Dhanura II	486	3 ' "
							Marichy III	303	7 ' 20 "
							Ardha Matsyendra I	311	7 ' 40 "

40 " Baka

406

Pasa	328 3'
Bhujapida	348 3'
Astavakra	342 1' 50"
Baka	406 40"
Paschimottan	160 8' 40"
Parivritta Paschimottan	165 4' 10"
Upavista Kona	151 2' 20"
Akarna Dhanura	173 5' 40"
Padma	104 5' 20"
Parvata	107 5' 20"
Tola	108 5' 20"
Simha I	109 5' 20"
Simha II	110 5'
Matsya	113 6' 40"
Kukkuta	115 5' 50"
Garbha Pinda	116 5' 50"
Goraksa	117 4'10'
Baddha Padma	118 5' 50"
Yoga Mudra	120 5' 50"
Supta Vajra	124 3'
Kurma	363 3'
Supta Kurma	368 3'
Ekapada Sirsa	371 3'
Skanda	372 1' 50"
Baddha Kona	102 4'
Bheka	100 1' 50"
Supta Vira	96 3'
Sava	592 10' 50"

Les 82 tijd Asana

ref. Pranayama ritme Theorie
Murca 36/144/72/144 Y.S. III 37-38

Mudra
Sahajoli

Samadhi tijd
Savicara 35'

Asana's thuis ref. tijd
Salamba Sirsa I 184 8' 40"
Parsva Sirsa 202 8'
Parivrittaika Pada Sirsa 206 6'
Ekapada Sirsa 208 6'
Parsvaikapada Sirsa 210 6'
Urdhva Padma in Sirsa 211 6' 30"
Parsva Urdhva Padma 215 6'

50 "	Mayura	354
50 "	Padma Mayura	355
50 "	Nakra	68

50 "	Setubandha	296
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50 "	Baka	406
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Pinda in Sirsa	218 6 "
Adhomukha Vrksa	359 2'
Mayura	354 50 "
Padma Mayura	355 50 "
Nakra	68 50 "
Salamba Sarvanga I	223 10 ' 50 "
Salamba Sarvanga II	235 8 '
Niralamba Sarvanga I	236 8 '
Niralamba Sarvanga II	237 8 '
Hala	244 11 '
Karnapida	246 9 ' 40 "
Supta Kona	247 8 ' 50 "
Parsva Hala	249 8 ' 50 "
Ekapada Sarvanga	250 9 ' 30 "
Parsvaikapada Sarvanga	251 8 ' 30 "
Parsva Sarvanga	254 4 ' 30 "
Setubandha Sarvanga	259 5 ' 50 "
Ekapada Setubandha Sarvanga	260 5 ' 50 "
Urdhva Padma in Sarvanga	261 5 ' 50 "
Pinda in Sarvanga	269 5 ' 50 "
Parsva Pinda in Sarvanga	270 6 '
Jatara Parivartan	275 8 ' 30 "
Supta Padangustha	285 6 '
Ananta	290 4 ' 20 "
Uttanapada	292 5 ' 10 "
Setubandha	296 50 "
Urdhva Dhanura II	486 3 ' 10 "
Marichy III	303 7 ' 30 "
Ardha Matsyendra I	311 7 ' 50 "
Pasa	328 3 ' 10 "
Bhujapida	348 3 ' 10 "
Astavakra	342 2'
Baka	406 50 "
Paschimottan	160 8 ' 50 "
Parivritta Paschimottan	165 4 ' 20 "
Upavista Kona	151 2 ' 30 "
Akarna Dhanura	173 5 ' 50 "

Padma	104 5 ' 30 "
Parvata	107 5 ' 30 "
Tola	108 5 ' 30 "
Simha I	109 5 ' 30 "
Simha II	110 5 ' "
Matsya	113 6 ' 50 "
Kukkuta	115 6 ' "
Garbha Pinda	116 6 ' "
Goraksa	117 4 ' 20 "
Baddha Padma	118 6 ' "
Yoga Mudra	120 6 ' "
Supta Vajra	124 3 ' 10 "
Kurma	363 3 ' 10 "
Supta Kurma	368 3 ' 10 "
Ekapada Sirsa	371 3 ' 10 "
Skanda	372 2 ' "
Baddha Kona	102 4 ' 10 "
Bheka	100 2 ' "
Supta Vira	96 3 ' 10 "
Sava	592 11 ' "

Les 83	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref	tijd
				Plavini	36/144/72/144	Sananda Samadhi Y.S. III 39-40	Salamba Sirsa I	184	8 ' 50 "
				Mudra Sahajoli			Parsva Sirsa	202	8 ' 10 "
				Samadhi Sananda	tijd 35 ' "		Parivritaika Pada Sirsa	206	6 ' 10 "
							Ekapada Sirsa	208	6 ' 10 "
							Panvaikapada Sirsa	210	6 ' 10 "
							Urdhva Padma in Sirsa	211	6 ' 40 "
							Parsva Urdhva Padma	215	6 ' 10 "
							Pinda in Sirsa	218	6 ' 10 "
							Adhomukha Vrksa	359	2 ' 10 "
	1 ' "	Mayura	354				Mayura	354	1 ' "
	1 ' "	Padma Mayura	355				Padma Mayura	355	1 ' "
	1 ' "	Nakra	68				Nakra	68	1 ' "
							Salamba Sarvanga I	223	11 ' "
							Salamba Sarvanga II	235	8 ' 10 "
							Niralamba Sarvanga I	236	8 ' 10 "

1' Setubandha 296

1' Baka 406

Niralamba Sarvanga II	237 8' 10"
Hala	244 11' 10"
Karnapida	246 9' 50"
Supta Kona	247 9'
Parsva Hala	249 9'
Ekapada Sarvanga	250 9' 40"
Parsvaikapada Sarvanga	251 8' 40"
Parsva Sarvanga	254 4' 40"
Setubandha Sarvanga	259 6'
Ekapada Setubandha Sarvanga	260 6'
Urdhva Padma in Sarvanga	261 6'
Pinda in Sarvanga	269 6'
Parsva Pinda in Sarvanga	270 6' 10"
Jatara Parivartan	275 8' 40"
Supta Padangustha	285 6' 10"
Ananta	290 4' 30"
Uttanapada	292 5' 20"
Setubandha	296 1'
Urdhva Dhanura II	486 3' 20"
Marichy III	303 7' 40"
Ardha Matsyendra I	311 8'
Pasa	328 3' 20"
Bhujapida	348 3' 20"
Astavakra	342 2' 10"
Baka	406 1'
Paschimottan	160 9'
Parivritta Paschimottan	165 4' 30"
Upavista Kona	151 2' 40"
Akarna Dhanura	173 6'
Padma	104 5' 40"
Parvata	107 5' 40"
Tola	108 5' 40"
Simha I	109 5' 40"
Simha II	110 5' 10"
Matsya	113 7'
Kukkuta	115 6' 10"
Garbha Pinda	116 6' 10"

Goraksa	117 4 ' 30 "
Baddha Padma	118 6 ' 10 "
Yoga Mudra	120 6 ' 10 "
Supta Vajra	124 3 ' 20 "
Kurma	363 3 ' 20 "
Supta Kurma	368 3 ' 20 "
Ekapada Sirsa	371 3 ' 20 "
Skanda	372 2 ' 10 "
Baddha Kona	102 4 ' 20 "
Bheka	100 2 ' 10 "
Supta Vira	96 3 ' 20 "
Sava	592 11 ' 10 "

Les 84 tijd Asana

ref	Pranayama	ritme	Theorie
	Plavini	36/144/72/144	Y.S. III 41-42
	Mudra		
	Amaroli		
	Samadhi	tijd	
	Sananda	35 '	

Asana's thuis	ref. tijd
Salamba Sirsa I	184 9 '
Parsva Sirsa	202 8 ' 20 "
Parivrittaika Pada Sirsa	206 6 ' 20 "
Ekapada Sirsa	208 6 ' 20 "
Panvaikapada Sirsa	210 6 ' 20 "
Urdhva Padma in Sirsa	211 6 ' 50 "
Parsva Urdhva Padma	215 6 ' 20 "
Pinda in Sirsa	218 6 ' 20 "
Adhomukha Vrksa	359 2 ' 20 "
Mayura	354 1 ' 10 "
Padma Mayura	355 1 ' 10 "
Nakra	68 1 ' 10 "
Salamba Sarvanga I	223 11 ' 10 "
Salamba Sarvanga II	235 8 ' 20 "
Niralamba Sarvanga I	236 8 ' 20 "
Niralamba Sarvanga II	237 8 ' 20 "
Hala	244 11 ' 20 "
Karnapida	246 10 '
Supta Kona	247 9 ' 10 "
Parsva Hala	249 9 ' 10 "
Ekapada Sarvanga	250 9 ' 50 "
Parsvaikapada Sarvanga	251 8 ' 50 "
Parsva Sarvanga	254 4 ' 50 "

Ekapada Urdhva Dhanurasana 501

Setubandha Sarvanga	259 6 ' 10 "
Ekapada Setubandha Sarvanga	260 6 ' 10 "
Urdhva Padma in Sarvanga	261 6 ' 10 "
Pinda in Sarvanga	269 6 ' 10 "
Parsva Pinda in Sarvanga	270 6 ' 20 "
Jatara Parivartan	275 8 ' 50 "
Supta Padangustha	285 6 ' 20 "
Ananta	290 4 ' 40 "
Uttanapada	292 5 ' 30 "
Setubandha	296 1 ' 10 "
Urdhva Dhanura II	486 3 ' 30 "
Ekapada Urdhva Dhanurasana	501
Marichy III	303 7 ' 50 "
Ardha Matsyendra I	311 8 ' 10 "
Pasa	328 3 ' 30 "
Bhujapida	348 3 ' 30 "
Astavakra	342 2 ' 20 "
Baka	406 1 ' 10 "
Paschimottan	160 9 ' 10 "
Parivritta Paschimottan	165 4 ' 40 "
Upavista Kona	151 2 ' 50 "
Akarna Dhanura	173 6 ' 10 "
Padma	104 5 ' 50 "
Parvata	107 5 ' 50 "
Tola	108 5 ' 50 "
Simha I	109 5 ' 50 "
Simha II	110 5 ' 20 "
Matsya	113 7 ' 10 "
Kukkuta	115 6 ' 20 "
Garbha Pinda	116 6 ' 20 "
Goraksa	117 4 ' 40 "
Baddha Padma	118 6 ' 20 "
Yoga Mudra	120 6 ' 20 "
Supta Vajra	124 3 ' 30 "
Kurma	363 3 ' 30 "
Supta Kurma	368 3 ' 30 "
Ekapada Sirsa	371 3 ' 30 "

Skanda	372 2 ' 20 "
Baddha Kona	102 4 ' 30 "
Bheka	100 2 ' 20 "
Supta Vira	96 3 ' 30 "
Sava	592 11 ' 20 "
Tada	1 3 '
Vrksa	2 3 '
Utthita Trikona	4 3 '
Utthita Parsvakona	8 3 '

3 '	Tada	1
3 '	Vrksa	2
3 '	Utthita Trikona	4
3 '	Utthita Parsvakona	8

Les 85	tijd	Asana	ref	Pranayama Surya	ritme 40/120/80/120	Theorie Sasmita Samadhi Y.S. III 43-44	Asana's thuis	ref. tijd
				Mudra Amaroli			Salamba Sirsa I	184 9 ' 10"
				Samadhi Sasmita	tijd 35 '		Parsva Sirsa	202 8 ' 30 "
							Parivrittaika Pada Sirsa	206 6 ' 30 "
							Ekapada Sirsa	208 6 ' 30 "
							Panvaikapada Sirsa	210 6 ' 30 "
							Urdhva Padma in Sirsa	211 7 '
							Parsva Urdhva Padma	215 6 ' 30 "
							Pinda in Sirsa	218 6 ' 30 "
							Adhomukha Vrksa	359 2 ' 30 "
							Mayura	354 1 ' 20 "
							Padma Mayura	355 1 ' 20 "
							Nakra	68 1 ' 20 "
							Salamba Sarvanga I	223 11 ' 20 "
							Salamba Sarvanga II	235 8 ' 30 "
							Niralamba Sarvanga I	236 8 ' 30 "
							Niralamba Sarvanga II	237 8 ' 30 "
							Hala	244 11 ' 30 "
							Karnapida	246 10 ' 10 "
							Supta Kona	247 9 ' 20 "
							Parsva Hala	249 9 ' 20 "
							Ekapada Sarvanga	250 10 '
							Parsvaikapada Sarvanga	251 9 '
							Parsva Sarvanga	254 5 '
							Setubandha Sarvanga	259 6 ' 20 "
							Ekapada Setubandha Sarvanga	260 6 ' 20 "
							Urdhva Padma in Sarvanga	261 6 ' 20 "

10 " Ekapada Urdhva Dhanurasana 501

Pinda in Sarvanga	269 6 ' 20 "
Parsva Pinda in Sarvanga	270 6 ' 30 "
Jatara Parivartan	275 9 '
Supta Padangustha	285 6 ' 30 "
Ananta	290 4 ' 50 "
Uttanapada	292 5 ' 40 "
Setubandha	296 1 ' 20 "
Urdhva Dhanura II	486 3 ' 40 "
Ekapada Urdhva Dhanurasana	501 10 "
Marichy III	303 8 '
Ardha Matsyendra I	311 8 ' 20 "
Pasa	328 3 ' 40 "
Bhujapida	348 3 ' 40 "
Astavakra	342 2 ' 30 "
Baka	406 1 ' 20 "
Paschirnottan	160 9 ' 20 "
Parivritta Paschimottan	165 4 ' 50 "
Upavista Kona	151 3 '
Akarna Dhanura	173 6 ' 20 "
Padma	104 6 '
Parvata	107 6 '
Tola	108 6 '
Simha I	109 6 '
Simha II	110 5 ' 30 "
Matsya	113 7 ' 20 "
Kukkuta	115 6 ' 30 "
Garbha Pinda	116 6 ' 30 "
Goraksa	117 4 ' 50 "
Baddha Padma	118 6 ' 30 "
Yoga Mudra	120 6 ' 30 "
Supta Vajra	124 3 ' 40 "
Kurma	363 3 ' 40 "
Supta Kurma	368 3 ' 40 "
Ekapada Sirsa	371 3 ' 40 "
Skanda	372 2 ' 30 "
Baddha Kona	102 4 ' 40 "
Bheka	100 2 ' 30 "

3 ' 10 "	Tada	1
3 ' 10 "	Vrksa	2
3 ' 10 "	Utthita Trikona	4
3 ' 10 "	Utthita Parsvakona	8

Supta Vira	96 3 ' 40 "
Sava	592 11 ' 30 "
Tada	1 3 ' 10 "
Vrksa	2 3 ' 10 "
Utthita Trikona	4 3 ' 10 "
Utthita Parsvakona	8 3 ' 10 "

Les 86	tijd	Asana	ref	Pranayama	ritme	Theorie
				Surya	40/120/80/120	Y.S. III 45-47
				Mudra		
				Sakti Calana		
				Samadhi	tijd	
				Sasmita	35 '	

Asana's thuis	ref. tijd
Salamba Sirsa I	184 9 ' 20 "
Parsva Sirsa	202 8 ' 40 "
Parivrittaika Pada Sirsa	206 6 ' 40 "
Ekapada Sirsa	208 6 ' 40 "
Parsvaikapada Sirsa	210 6 ' 40 "
Urdhva Padma in Sirsa	211 7 ' 10 "
Parsva Urdhva Padma	215 6 ' 40 "
Pinda in Sirsa	218 6 ' 40 "
Adhomukha Vrksa	359 2 ' 40 "
Mayura	354 1 ' 30 "
Padma Mayura	355 1 ' 30 "
Nakra	68 1 ' 30 "
Salamba Sarvanga I	223 11 ' 30 "
Salamba Sarvanga II	235 8 ' 40 "
Niralamba Sarvanga I	236 8 ' 40 "
Niralamba Sarvanga II	237 8 ' 40 "
Hala	244 11 ' 40 "
Karnapida	246 10 ' 20 "
Supta Kona	247 9 ' 30 "
Parsva Hala	249 9 ' 30 "
Ekapada Sarvanga	250 10 ' 10 "
Parsvaikapada Sarvanga	251 9 ' 10 "
Parsva Sarvanga	254 5 ' 10 "
Setubandha Sarvanga	259 6 ' 30 "
Ekapada Setubandha Sarvanga	260 6 ' 30 "
Urdhva Padma in Sarvanga	261 6 ' 30 "
Pinda in Sarvanga	269 6 ' 30 "
Parsva Pinda in Sarvanga	270 6 ' 40 "
Jatara Parivartan	275 9 ' 10 "

20 " Ekapada Urdhva Dhanurasana 501

Supta Padangustha	285 6 ' 40 "
Ananta	290 5 '
Uttanapada	292 5 ' 50 "
Setubandha	296 1 ' 30 "
Urdhva Dhanura II	486 3 ' 50 "
Ekapada Urdhva Dhanurasana	501 20 "
Marichy III	303 8 ' 10 "
Ardha Matsyendra I	311 8 ' 10 "
Pasa	328 3 ' 50 "
Bhujapida	348 3 ' 50 "
Astavakra	342 2 ' 40 "
Baka	406 1 ' 30 "
Paschirnottan	160 9 ' 30 "
Parivritta Paschimottan	165 5 '
Upavista Kona	151 3 ' 10 "
Akarna Dhanura	173 6 ' 30 "
Padma	104 6 ' 10 "
Parvata	107 6 ' 10 "
Tola	108 6 ' 10 "
Simha I	109 6 ' 10 "
Simha II	110 5 ' 40 "
Matsya	113 7 ' 30 "
Kukkuta	115 6 ' 40 "
Garbha Pinda	116 6 ' 40 "
Goraksa	117 5 '
Baddha Padma	118 6 ' 40 "
Yoga Mudra	120 6 ' 40 "
Supta Vajra	124 3 ' 50 "
Kurma	363 3 ' 50 "
Supta Kurma	368 3 ' 50 "
Ekapada Sirsa	371 3 ' 50 "
Skanda	372 2 ' 40 "
Baddha Kona	102 4 ' 50 "
Bheka	100 2 ' 40 "
Supta Vira	96 3 ' 50 "
Sava	592 11 ' 40 "
Tada	1 3 ' 20 "

3 ' 20 " Tada

1

	3 ' 20 "	Vrksa	2				Vrksa	2	3 ' 20 "
	3 ' 20 "	Utthita Trikona	4				Utthita Trikona	4	3 ' 20 "
	3 ' 20 "	Utthita Parsvakona	8				Utthita Parsvakona	8	3 ' 20 "
Les 87	tijd 30 "	Asana Ekapada Urdhva Dhanurasana	ref 501	Pranayama Ujjayi	ritme 40/120/80/120	Theorie Savitarka Samadhi Y.S. III 48-49	Asana's thuis Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	ref. 501	tijd 30 "
				Mudra Sakti Calana			Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I 10 Asana's per dag naar behoefte	354 355 68 406	1 ' 40 " 1 ' 40 " 1 ' 40 " 11 ' 40 "
	3 '	Virabhadra I	14	Samadhi	tijd		Virabhadra I	14	3 '
	3 '	Virabhadra II	15	Savitarka	35 '		Virabhadra II	15	3 '
	3 '	Parsvottan	26				Parsvottan	26	3 '
	11 ' 40 "	Salamba Sarvanga I	223				Salamba Sarvanga I	223	11 ' 40 "
Les 88	tijd 40 "	Asana Ekapada Urdhva Dhanurasana	ref 501	Pranayama Ujjayi	ritme 40/120/80/120	Theorie Y.S. III 50-51	Asana's thuis Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	ref. 501	tijd 40 "
				Mudra Maha			Virabhadra I Virabhadra II Parsvottan Salamba Sarvanga I 10 Asana's per dag naar behoefte	354 355 68 406	1 ' 50 " 1 ' 50 " 1 ' 50 " 11 ' 50 "
	3 ' 10 "	Virabhadra I	14	Samadhi	tijd		Virabhadra I	14	3 ' 10 "
	3 ' 10 "	Virabhadra II	15	Savitarka	35 '		Virabhadra II	15	3 ' 10 "
	3 ' 10 "	Parsvottan	26				Parsvottan	26	3 ' 10 "
	11 ' 50 "	Salamba Sarvanga I	223				Salamba Sarvanga I	223	11 ' 50 "
Les 89	tijd 50 "	Asana Ekapada Urdhva Dhanurasana	ref 501	Pranayama Sitkari	ritme 40/120/80/120	Theorie Y.S. III 52-54	Asana's thuis Ekapada Urdhva Dhanurasana Mayura Padma Mayura Nakra Baka	ref. 501	tijd 50 "
				Mudra Maha			Virabhadra I Virabhadra II Parsvottan	354 355 68 406	2 ' 2 ' 2 ' 3 ' 20 "
	3 ' 20 "	Virabhadra I	14	Samadhi	tijd		Virabhadra I	14	3 ' 20 "
	3 ' 20 "	Virabhadra II	15	Savicara	35 '		Virabhadra II	15	3 ' 20 "
	3 ' 20 "	Parsvottan	26				Parsvottan	26	3 ' 20 "

	12 '	Salamba Sarvanga I	223			Salamba Sarvanga I	223	12 '
						10 Asana's per dag naar behoefte		
Les 90	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	1 '	Ekapada Urdhva Dhanurasana	501	Sitkari	40/120/80/120	Y.S. III 55-56	Ekapada Urdhva Dhanurasana	501 1 '
				Mudra			Mayura	354 2 ' 10 "
				Maha Bandha			Padma Mayura	355 2 ' 10 "
	11 ' 50 "	Hala	244	Samadhi	tijd		Nakra	68 2 ' 10 "
	11 ' 50 "	Sava	592	Savicara	35 '		Baka	406 2 ' 10 "
	2 ' 40 "	Parivritta Trikona	6				Hala	244 11 ' 50 "
	2 ' 20 "	Urdhva Prasarita Pada	276				Sava	592 11 ' 50 "
							Parivritta Trikona	6 2 ' 40 "
							Urdhva Prasarita Pada	276 2 ' 20 "
							10 Asana's per dag naar behoefte	
Les 90	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Sitali	40/120/80/120	Y.S. IV 1-3	Ekapada Urdhva Dhanurasana	501 1 ' 10 "
				Mudra			Mayura	354 2 ' 20 "
				Maha Bandha			Padma Mayura	355 2 ' 20 "
	12 '	Hala	244	Samadhi	tijd		Nakra	68 2 ' 20 "
	12 '	Sava	592	Sananda	35 '		Baka	406 2 ' 20 "
	2 ' 50 "	Parivritta Trikona	6				Hala	244 12 '
	3 '	Urdhva Prasarita Pada	276				Sava	592 12 '
	3 '	Virabhadra I	14				Parivritta Trikona	6 2 ' 50 "
							Urdhva Prasarita Pada	276 3 '
							Virabhadra I	14 3 '
							10 Asana's per dag naar behoefte	
Les 91	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Sitali	40/120/80/120	Y.S. IV 7-11	Ekapada Urdhva Dhanurasana	501 1 ' 20 "
				Mudra			Mayura	354 2 ' 30 "
				Maha Vedha			Padma Mayura	355 2 ' 30 "
	12 ' 10 "	Hala	244	Samadhi	tijd		Nakra	68 2 ' 30 "
	12 ' 10 "	Sava	592	Sananda	35 '		Baka	406 2 ' 30 "
	3 '	Parivritta Trikona	6				Hala	244 12 ' 10 "
							Sava	592 12 ' 10 "
							Parivritta Trikona	6 3 '

	3 ' 10 "	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	3 ' 10 "
	3 ' 10 "	Virabhadra I	14			Virabhadra I	14	3 ' 10 "
						10 Asana's per dag naar behoefte		
Les 92	tijd	Asana	ref	Pranayama Bhastrika	ritme	Theorie	Asana's thuis	ref. tijd
					40/120/80/120	Y.S. IV 12-16	Ekapada Urdhva Dhanurasana	501
				Mudra			Mayura	354
				Maha Vedha			Padma Mayura	355
							Nakra	68
	2 ' 30 "	Paripurna Nava	78	Samadhi	tijd		Baka	406
	2 ' 30 "	Ardha Nava	79	Sasmita	35 '		Paripurna Nava	78
	3 ' 20 "	Virabhadra I	14				Ardha Nava	79
	3 '	Virabhadra II	15				Virabhadra I	14
	1 ' 50 "	Virabhadrasana III	17				Virabhadra II	15
							Virabhadrasana III	17
							10 Asana's per dag naar behoefte	
Les 93	tijd	Asana	ref	Pranayama Bhastrika	ritme	Theorie	Asana's thuis	ref. tijd
					40/120/80/120	Y.S. IV 17-18	Ekapada Urdhva Dhanurasana	501
				Mudra			Mayura	354
				Khecari			Padma Mayura	355
							Nakra	68
	2 ' 40 "	Paripurna Nava	78	Samadhi	tijd		Baka	406
	2 ' 40 "	Ardha Nava	79	Sasmita	35 '		Paripurna Nava	78
							Ardha Nava	79
	3 ' 10 "	Virabhadra II	15				Virabhadra I	14
	2 '	Virabhadrasana III	17				Virabhadra II	15
	3 '	Parsvottan	26				Virabhadrasana III	17
							Parsvottan	26
							10 Asana's per dag naar behoefte	
Les 94	tijd	Asana	ref	Pranayama Bhramari	ritme	Theorie	Asana's thuis	ref. tijd
					40/120/80/120	Y.S. IV 19-21	Ekapada Urdhva Dhanurasana	501
				Mudra			Mayura	354
				Khecari			Padma Mayura	355
							Nakra	68
							Baka	406

	2 ' 50 "	Paripurna Nava	78	Samadhi	tijd		Paripurna Nava	78	2 ' 50 "
	2 ' 50 "	Ardha Nava	79	Savitarka	40 '		Ardha Nava	79	2 ' 50 "
	3 ' 20 "	Virabhadra II	15				Virabhadra II	15	3 ' 20 "
	2 ' 10 "	Virabhadrasana III	17				Virabhadrasana III	17	2 ' 10 "
	2 '	Ardha Chandra	19				Ardha Chandra	19	2 '
							10 Asana's per dag naar behoefte		
Les 95	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Bhramari	40/120/80/120	Y.S. IV 22-23	Ekapada Urdhva Dhanurasana	501	2 ' 10 "
				Mudra			Paripurna Nava	78	3 '
				Uddiyana Bandha			Ardha Nava	79	3 '
	2 ' 10 "	Ardha Chandra	19				Virabhadrasana III	17	2 ' 20 "
	3 ' 20 "	Parsvottan	26	Samadhi	tijd		Ardha Chandra	19	2 ' 10 "
	3 '	Prasarita Padottan I	33	Savitarka	40 '		Parsvottan	26	3 ' 20 "
	2 '	Prasarita Padottan II	35				Prasarita Padottan I	33	3 '
	1 ' 30 "	Parivritta Parsvakona	10				Prasarita Padottan II	35	2 '
							Parivritta Parsvakona	10	1 ' 30 "
							10 Asana's per dag naar behoefte		
Les 96	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Murca	40/120/80/120	Y.S. IV 24-26	Ekapada Urdhva Dhanurasana	501	2 ' 20 "
	2 ' 20 "	Ardha Chandra	19	Mudra			Virabhadrasana III	17	2 ' 30 "
	3 ' 30 "	Parsvottan	26	Uddiyana Bandha			Ardha Chandra	19	2 ' 20 "
	3 ' 10 "	Prasarita Padottan I	33				Parsvottan	26	3 ' 30 "
	2 ' 10 "	Prasarita Padottan II	35	Samadhi	tijd		Prasarita Padottan I	33	3 ' 10 "
	1 ' 40 "	Parivritta Parsvakona	10	Savicara	40 '		Prasarita Padottan II	35	2 ' 10 "
							Parivritta Parsvakona	10	1 ' 40 "
							10 Asana's per dag naar behoefte		
Les 97	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Murca	40/120/80/120	Y.S. IV 27-28	Ekapada Urdhva Dhanurasana	501	2 ' 30 "
				Mudra			Virabhadrasana III	17	2 ' 40 "
	3 ' 20 "	Prasarita Padottan I	33	Mula Bandha			Ardha Chandra	19	2 ' 30 "
	2 ' 20 "	Prasarita Padottan II	35				Prasarita Padottan I	33	3 ' 20 "
	1 ' 50 "	Parivritta Parsvakona	10	Samadhi	tijd		Prasarita Padottan II	35	2 ' 20 "
	1 ' 40 "	Parigha	39	Savicara	40 '		Parivritta Parsvakona	10	1 ' 50 "
							Parigha	39	1 ' 40 "

	10 ' 30 "	Karnapida	246			Karnapida	246	10 ' 30 "
						10 Asana's per dag naar behoefte		
Les 98	tijd	Asana	ref	Pranayama Plavini	ritme 40/120/80/120	Theorie Y.S. IV 29-30	Asana's thuis	ref. tijd
				Mudra Mula Bandha			Ekapada Urdhva Dhanurasana	501 2 ' 40 "
							Virabhadrasana III	17 2 ' 50 "
							Ardha Chandra	19 2 ' 40 "
							Prasarita Padottan II	35 2 ' 30 "
							Parivritta Parsvakona	10 2 ' "
	1 ' 50 "	Parigha	39	Samadhi	tijd		Parigha	39 1 ' 50 "
	10 ' 40 "	Karnapida	246	Sananda	40 ' "		Karnapida	246 10 ' 40 "
	10 ' 20 "	Ekapada Sarvanga	250				Ekapada Sarvanga	250 10 ' 20 "
							10 Asana's per dag naar behoefte	
Les 99	tijd	Asana	ref	Pranayama Plavini	ritme 40/120/80/120	Theorie Y.S. IV 31-32	Asana's thuis	ref. tijd
				Mudra Jalandhara Bandha			Ekapada Urdhva Dhanurasana	501 2 ' 50 "
							Virabhadrasana III	17 3 ' "
							Ardha Chandra	19 2 ' 50 "
							Prasarita Padottan II	35 2 ' 40 "
							Parivritta Parsvakona	10 2 ' 10 "
	2 ' "	Parigha	39	Samadhi	tijd		Parigha	39 2 ' "
	10 ' 50 "	Karnapida	246	Sananda	40 ' "		Karnapida	246 10 ' 50 "
	10 ' 30 "	Ekapada Sarvanga	250				Ekapada Sarvanga	250 10 ' 30 "
							10 Asana's per dag naar behoefte	
Les 100	tijd	Asana	ref	Pranayama Surya	ritme 44/176/88/176	Theorie Y.S. IV 33-34	Asana's thuis	ref. tijd
				Mudra Jalandhara Bandha			Ekapada Urdhva Dhanurasana	501 3 ' "
							Ardha Chandra	19 3 ' "
							Prasarita Padottan II	35 2 ' 50 "
							Parivritta Parsvakona	10 2 ' 20 "
							Parigha	39 2 ' 10 "
	10 ' 40 "	Ekapada Sarvanga	250	Samadhi	tijd		Ekapada Sarvanga	250 10 ' 40 "
	9 ' 20 "	Jatara Parivartan	275	Sasmita	40 ' "		Jatara Parivartan	275 9 ' 20 "
							10 Asana's per dag naar behoefte	
Les 101	tijd	Asana	ref	Pranayama Surya	ritme 44/176/88/176	Theorie H.Y.P. III 120-130	Asana's thuis	ref. tijd
							Prasarita Padottan II	35 3 ' "

	9 ' 30 "	Jatara Parivartan	275	Mudra			Parivritta Parsvakona	10	2 ' 30 "
	9 ' 30 "	Salamba Sirsa I	184	Viparita Karani			Parigha	39	2 ' 20 "
				Samadhi	tijd		Jatara Parivartan	275	9 ' 30 "
				Sasmita	40 '		Salamba Sirsa I	184	9 ' 30 "
							10 Asana's per dag naar behoefte		
Les 102	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Ujjayi	44/176/88/176	H.Y.P. IV 1-4	Parivritta Parsvakona		10
	9 ' 40 "	Jatara Parivartan	275	Mudra			Parigha		39
	9 ' 40 "	Salamba Sirsa I	184	Viparita Karani			Jatara Parivartan		275
				Samadhi	tijd		Salamba Sirsa I		184
				Savitarka	40 '		10 Asana's per dag naar behoefte		
Les 103	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Ujjayi	44/176/88/176	H.Y.P. IV 5-9	Parivritta Parsvakona		10
	9 ' 50 "	Salamba Sirsa I	184	Mudra			Parigha		39
	4 ' 50 "	Uttan	48	Vajroli			Salamba Sirsa I		184
	5 ' 10 "	Salabha	60	Samadhi	tijd		Uttan		48
				Savitarka	40 '		Salabha		60
							10 Asana's per dag naar behoefte		
Les 104	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitkari	44/176/88/176	Nirvicara Samadhi	Parivritta Parsvakona		10
	5 '	Uttan	48	Mudra		H.Y.P. IV 10-15	Parigha		39
	5 ' 20 "	Salabha	60	Vajroli			Uttan		48
	5 ' 10 "	Dhanura	63	Samadhi	tijd		Salabha		60
				Nirvicara	40 '		Dhanura		63
							10 Asana's per dag naar behoefte		
Les 105	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitkari	44/176/88/176	H.Y.P. IV 16-20	Parigha		39
	5 ' 10 "	Uttan	48				Uttan		48

	5 ' 30 "	Salabha	60	Mudra			Salabha	60	5 ' 30 "
	5 ' 20 "	Dhanura	63	Sahajoli			Dhanura	63	5 ' 20 "
				Samadhi	tijd		10 Asana's per dag naar behoefte		
				Nirvicara	40 '				
Les 106	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis		ref. tijd
	5 ' 30 "	Dhanura	63	Sitali	44/176/88/176	Nirananda Samadhi	Dhanura	63	5 ' 30 "
	1 ' 40 "	Bhujang I	73			H.Y.P. IV 21-26	Bhujang I	73	1 ' 40 "
	1 ' 50 "	Supta Kona	247	Mudra			Supta Kona	247	1 ' 50 "
				Sahajoli			10 Asana's per dag naar behoefte		
				Samadhi	tijd				
				Nirananda	40 '				
Les 107	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis		ref. tijd
	1 ' 50 "	Bhujang I	73	Sitali	44/176/88/176	H.Y.P. IV 27-31	Bhujang I	73	1 ' 50 "
	2 '	Supta Kona	247				Supta Kona	247	2 '
	9 ' 40 "	Parsva Hala	249	Mudra			Parsva Hala	249	9 ' 40 "
				Amaroli			10 Asana's per dag naar behoefte		
				Samadhi	tijd				
				Nirananda	40 '				
Les 108	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis		ref. tijd
	2 '	Bhujang I	73	Bhastrika	44/176/88/176	Nirasmita Samadhi	Bhujang I	73	2 '
	2 ' 10 "	Supta Kona	247			H.Y.P. IV 32-35	Supta Kona	247	2 ' 10 "
	9 ' 50 "	Parsva Hala	249	Mudra			Parsva Hala	249	9 ' 50 "
				Sakti Calana			10 Asana's per dag naar behoefte		
				Samadhi	tijd				
				Nirasmita	40 '				
Les 109	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis		ref. tijd
				Bhastrika	44/176/88/176	H.Y.P. IV 36-39	Bhujang I	73	2 ' 10 "
							Supta Kona	247	2 ' 20 "
	10 '	Parsva Hala	249	Mudra			Parsva Hala	249	10 '

		Sakti Calana				10 Asana's per dag naar behoefte		
		Samadhi	tijd					
		Nirasmita	40 '					
Les 110	tijd	Asana	ref	Pranayama Bhramari	ritme 44/176/88/176	Theorie Nirvitarka Samadhi H.Y.P. IV 40-42	Asana's thuis Bhujang I Supta Kona Janusirsa Danda Paschimottan	ref. tijd 73 2' 20 " 247 2' 30 " 127 3' 40 " 77 40 " 160 9' 10 "
	3' 40 "	Janusirsa	127	Mudra				
	40 "	Danda	77	Maha				
	9' 10 "	Paschimottan	160					
		Samadhi	tijd					
		Nirvitarka	45 '					
Les 111	tijd	Asana	ref	Pranayama Bhramari	ritme 44/176/88/176	Theorie H.Y.P. IV 43-48	Asana's thuis Bhujang I Supta Kona Janusirsa Danda Paschimottan	ref. tijd 73 2' 30 " 247 2' 40 " 127 3' 50 " 77 50 " 160 9' 20 "
	3' 50 "	Janusirsa	127	Mudra				
	50 "	Danda	77	Maha				
	9' 20 "	Paschimottan	160					
		Samadhi	tijd					
		Nirvitarka	45 '					
Les 112	tijd	Asana	ref	Pranayama Murca	ritme 44/176/88/176	Theorie Asamprajnata Samadhi H.Y.P. IV 49-53	Asana's thuis Bhujang I Supta Kona Janusirsa Danda Paschimottan	ref. tijd 73 2' 40 " 247 2' 50 " 127 4' " 77 1' " 160 9' 30 "
	4'	Janusirsa	127	Mudra				
	1'	Danda	77	Maha Bandha				
	9' 30 "	Paschimottan	160					
		Samadhi	tijd					
		Asamprajnata	45 '					
Les 113	tijd	Asana	ref	Pranayama Murca	ritme 44/176/88/176	Theorie H.Y.P. IV 54-59	Asana's thuis Bhujang I Supta Kona Danda Urdhva Prasarita Pada	ref. tijd 73 2' 50 " 247 3' " 77 1' 10 " 276 3' 30 "
	3' 30 "	Urdhva Prasarita Pada	276	Maha Bandha				

	2 ' 30 "	Utkata	42			Utkata	42	2 ' 30 "
	3 ' 20 "	Ustra	41	Samadhi	tijd	Ustra	41	3 ' 20 "
	2 ' 30 "	Chaturanga Danda	67	Asamprajnata	45 '	Chaturanga Danda	67	2 ' 30 "
	2 ' 30 "	Adho Mukha Svana	75			Adho Mukha Svana	75	2 ' 30 "
	2 ' 30 "	Urdhva Mukha Svana	74			Urdhva Mukha Svana	74	2 ' 30 "
						10 Asana's per dag naar behoefte		
Les 114	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Plavini	44/176/88/176	H.Y.P. IV 60-64	Bhujang I	73 3'
							Danda	77 1' 10"
	3 ' 40 "	Urdhva Prasarita Pada	276	Mudra			Urdhva Prasarita Pada	276 3' 40"
	2 ' 40 "	Utkata	42	Maha Vedha			Utkata	42 2' 40"
	3 ' 30 "	Ustra	41				Ustra	41 3' 30"
	2 ' 40 "	Chaturanga Danda	67	Samadhi	tijd		Chaturanga Danda	67 2' 40"
	2 ' 40 "	Adho Mukha Svana	75	Nirvicara	45 '		Adho Mukha Svana	75 2' 40"
	2 ' 40 "	Urdhva Mukha Svana	74				Urdhva Mukha Svana	74 2' 40"
							10 Asana's per dag naar behoefte	
Les 115	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Plavini	44/176/88/176	H.Y.P. IV 65-69	Danda	77 1' 20"
	3 ' 50 "	Urdhva Prasarita Pada	276				Urdhva Prasarita Pada	276 3' 50"
	2 ' 50 "	Utkata	42	Mudra			Utkata	42 2' 50"
	3 ' 40 "	Ustra	41	Maha Vedha			Ustra	41 3' 40"
	2 ' 50 "	Chaturanga Danda	67				Chaturanga Danda	67 2' 50"
	2 ' 50 "	Adho Mukha Svana	75	Samadhi	tijd		Adho Mukha Svana	75 2' 50"
	2 ' 50 "	Urdhva Mukha Svana	74	Nirvicara	45 '		Urdhva Mukha Svana	74 2' 50"
							10 Asana's per dag naar behoefte	
Les 116	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Surya	48/192/96/192	H.Y.P. IV 65-73	Danda	77 1' 30"
							Utkata	42 3'
				Mudra			Chaturanga Danda	67 3'
				Khecari			Adho Mukha Svana	75 3'
	3 ' 20 "	Vira	89	Samadhi	tijd		Urdhva Mukha Svana	74 3'
	9 ' 20 "	Parsvaikapada Sarvanga	251	Nirananda	45 '		Vira	89 3' 20"
							Parsvaikapada Sarvanga	251 9' 20"
							10 Asana's per dag naar behoefte	

Les 117	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 30 "	Vira	89	Surya	48/192/96/192	H.Y.P. IV 74-81	Danda	77	1 ' 40 "
	9 ' 30 "	Parsvaikapada Sarvanga	251	Mudra			Vira	89	3 ' 30 "
				Khecari			Parsvaikapada Sarvanga	251	9 ' 30 "
				Samadhi	tijd		10 Asana's per dag naar behoefte		
				Nirananda	45 '				
Les 118	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 40 "	Vira	89	Ujjayi	48/192/96/192	H.Y.P. IV 82-93	Danda	77	1 ' 50 "
	9 ' 40 "	Parsvaikapada Sarvanga	251	Mudra			Vira	89	3 ' 40 "
				Uddiyana Bandha			Parsvaikapada Sarvanga	251	9 ' 40 "
				Samadhi	tijd		10 Asana's per dag naar behoefte		
				Nirasmita	45 '				
Les 119	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	1 ' 10 "	Purvottan	171	Ujjayi	48/192/96/192	H.Y.P. IV 94-102	Danda	77	2 '
	1 ' 10 "	Siddha	84	Mudra			Purvottan	171	1 ' 10 "
	8 ' 50 "	Parsva Sirsa	202	Uddiyana Bandha			Siddha	84	1 ' 10 "
				Samadhi	tijd		Parsva Sirsa	202	8 ' 50 "
				Nirasmita	45 '		10 Asana's per dag naar behoefte		
Les 120	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	1 ' 20 "	Purvottan	171	Sitkari	48/192/96/192	H.Y.P. IV 103-114	Danda	77	2 ' 10 "
	1 ' 20 "	Siddha	84	Mudra			Purvottan	171	1 ' 20 "
	9 '	Parsva Sirsa	202	Mula Bandha			Siddha	84	1 ' 20 "
				Samadhi	tijd		Parsva Sirsa	202	9 '
				Nirvitarka	45 '		10 Asana's per dag naar behoefte		

Lesschema van de MEESTERSOPLEIDING

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Les 1	tijd	Asana	ref	Pranayama Sitkari	ritme 48/192/96/192	Theorie Witte Magie telkens ca 11 p.	Asana's thuis Danda Purvottan Siddha Parsva Sirsa 10 Asana's per dag naar behoefte	ref. tijd 77 2' 20 " 171 1' 30 " 84 1' 30 " 202 9' 10 "
	1' 30 "	Purvottan	171					
	1' 30 "	Siddha	84	Mudra				
	9' 10 "	Parsva Sirsa	202	Mula Bandha				
				Samadhi Nirvitarka	tijd 45'			
Les 2	tijd	Asana	ref	Pranayama Sitali	ritme 48/192/96/192	Theorie	Asana's thuis Danda Ekapada Sirsa Salamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 77 2' 30 " 208 6' 50 " 235 8' 50 "
	6' 50 "	Ekapada Sirsa	208					
	8' 50 "	Salamba Sarvanga II	235	Mudra Jalandhara Bandha				
				Samadhi Asamprajnata	tijd 45'			
Les 3	tijd	Asana	ref	Pranayama Sitali	ritme 48/192/96/192	Theorie	Asana's thuis Danda Ekapada Sirsa Salamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 77 2' 40 " 208 7' " 235 9' "
	7'	Ekapada Sirsa	208					
	9'	Salamba Sarvanga II	235	Mudra Jalandhara Bandha				
				Samadhi Asamprajnata	tijd 45'			
Les 4	tijd	Asana	ref	Pranayama Bhastrika	ritme 48/192/96/192	Theorie Nirbija Samadhi	Asana's thuis Danda Ekapada Sirsa Salamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 77 2' 50 " 208 7' 10 " 235 9' 10 "
	7' 10 "	Ekapada Sirsa	208					
	9' 10 "	Salamba Sarvanga II	235	Mudra Viparita Karani				
				Samadhi Nirbija	tijd 45'			

Les 5	tijd	Asana	ref	Pranayama Bhastrika	ritme 48/192/96/192	Theorie	Asana's thuis Danda Niralamba Sarvanga I Niralamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 77 3 ' 236 8 ' 50 " 237 8 ' 50 "
	8 ' 50 "	Niralamba Sarvanga I		Mudra Vajroli				
	8 ' 50 "	Niralamba Sarvanga II		Samadhi Nirbija	tijd 45 '			
Les 6	tijd	Asana	ref	Pranayama Bhramari	ritme 48/192/96/192	Theorie	Asana's thuis Niralamba Sarvanga I Niralamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 236 9 ' 237 9 '
	9 '	Niralamba Sarvanga I	236	Mudra Vajroli				
	9 '	Niralamba Sarvanga II	237	Samyama Parinama's	tijd 50 '	Y.S. III 16		
Les 7	tijd	Asana	ref	Pranayama Bhramari	ritme 48/192/96/192	Theorie	Asana's thuis Niralamba Sarvanga I Niralamba Sarvanga II 10 Asana's per dag naar behoefte	ref. tijd 236 9 ' 10 " 237 9 ' 10 "
	9 ' 10 "	Niralamba Sarvanga I	236	Mudra Sahajoli				
	9 ' 10 "	Niralamba Sarvanga II	237	Samyama Parinama's	tijd 50 '			
Les 8	tijd	Asana	ref	Pranayama Murca	ritme 48/192/96/192	Theorie	Asana's thuis Chakra Triangmukhaikapada Paschimottan Ardha Baddha Padma Paschimottan 10 Asana's per dag naar behoefte	ref. tijd 280 2 ' 139 2 ' 50 " 135 4 '
	2 '	Chakra	280	Mudra Sahajoli				
	2 ' 50 "	Triangmukhaikapada Paschimottan	139	Samyama Sabdartha	tijd 50 '	Y.S. III 17		
	4 '	Ardha Baddha Padma Paschimottan	135					

Les 9	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	2 ' 10 "	Chakra	280	Murca	48/192/96/192		Chakra	280 2 ' 10 "
	3 '	Triangmukhaikapada Paschimottan	139				Triangmukhaikapada Paschimottan	139 3 '
	4 ' 10 "	Ardha Baddha Padma Paschimottan	135	Mudra			Ardha Baddha Padma Paschimottan	135 4 ' 10 "
				Amaroli			10 Asana's per dag naar behoefte	
				Samyama	tijd			
				Sabdartha	50 '			
Les 10	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	2 ' 20 "	Chakra	280	Plavini	48/192/96/192		Chakra	280 2 ' 20 "
	3 ' 10 "	Triangmukhaikapada Paschimottan	139				Triangmukhaikapada Paschimottan	139 3 ' 10 "
	4 ' 20 "	Ardha Baddha Padma Paschimottan	135	Mudra			Ardha Baddha Padma Paschimottan	135 4 ' 20 "
				Amaroli			10 Asana's per dag naar behoefte	
				Samyama	tijd			
				Samskara	50 '	Y.S. III 18		
Les 11	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Plavini	48/192/96/192		Chakra	280 2 ' 30 "
	4 '	Marichy I	144				Marichy I	144 4 '
	1 ' 10 "	Marichy II	146	Mudra			Marichy II	146 1 ' 10 "
	1 ' 10 "	Ubhaya Padangustha	167	Sakti Calana			Ubhaya Padangustha	167 1 ' 10 "
	2 '	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168 2 '
	1 ' 10 "	Bharadwaja I	297	Samyama	tijd		Bharadwaja I	297 1 ' 10 "
	1 ' 10 "	Bharadwaja II	299	Samskara	50 '		Bharadwaja II	299 1 ' 10 "
							10 Asana's per dag naar behoefte	
Les 12	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Surya	52/208/104/208		Chakra	280 2 ' 40 "
	4 ' 10 "	Marichy I	144				Marichy I	144 4 ' 10 "
	1 ' 20 "	Marichy II	146	Mudra			Marichy II	146 1 ' 20 "
	1 ' 20 "	Ubhaya Padangustha	167	Sakti Calana			Ubhaya Padangustha	167 1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168 2 ' 10 "
	1 ' 20 "	Bharadwaja I	297	Samyama	tijd		Bharadwaja I	297 1 ' 20 "
	1 ' 20 "	Bharadwaja II	299	Pratyaya	50 '	Y.S. III 19	Bharadwaja II	299 1 ' 20 "
							10 Asana's per dag naar behoefte	

Les 13	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Surya	52/208/104/208		Chakra	280	2 ' 50 "
	4 ' 20 "	Marichy I	144				Marichy I	144	4 ' 20 "
	1 ' 20 "	Marichy II	146	Mudra			Marichy II	146	1 ' 20 "
	1 ' 20 "	Ubhaya Padangustha	167	Maha			Ubhaya Padangustha	167	1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168	2 ' 10 "
	1 ' 20 "	Bharadwaja I	297	Samyama	tijd		Bharadwaja I	297	1 ' 20 "
	1 ' 20 "	Bharadwaja II	299	Pratyaya	50 '		Bharadwaja II	299	1 ' 20 "
							10 Asana's per dag naar behoefte		
Les 14	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Ujjayi	52/208/104/208		Chakra	280	3 '
				Mudra			Marichy II	146	1 ' 30 "
				Maha			Ubhaya Padangustha	167	1 ' 30 "
				Samyama	tijd		Urdhva Mukha Paschimottan I	168	2 ' 20 "
	1 ' 30 "	Lola	83	Rupa	50 '	Y.S. III 21	Bharadwaja I	297	1 ' 30 "
	1 ' 30 "	Gomukha	80				Bharadwaja II	299	1 ' 30 "
	2 ' 30 "	Simha I	109				Lola	83	1 ' 30 "
	2 ' 20 "	Tola	108				Gomukha	80	1 ' 30 "
	2 ' 20 "	Supta Vira	96				Simha I	109	2 ' 30 "
	2 ' 20 "	Paryanka	97				Tola	108	2 ' 20 "
							Supta Vira	96	2 ' 20 "
							Paryanka	97	2 ' 20 "
							10 Asana's per dag naar behoefte		
Les 15	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Ujjayi	52/208/104/208		Marichy II	146	1 ' 40 "
				Mudra			Ubhaya Padangustha	167	1 ' 40 "
				Maha Bandha			Urdhva Mukha Paschimottan I	168	2 ' 30 "
	1 ' 40 "	Lola	83	Samyama	tijd		Bharadwaja I	297	1 ' 40 "
	1 ' 40 "	Gomukha	80	Rupa	50 '		Bharadwaja II	299	1 ' 40 "
	2 ' 40 "	Simha I	109				Lola	83	1 ' 40 "
	2 ' 30 "	Tola	108				Gomukha	80	1 ' 40 "
	2 ' 30 "	Supta Vira	96				Simha I	109	2 ' 40 "
							Tola	108	2 ' 30 "
							Supta Vira	96	2 ' 30 "

	2 ' 30 "	Paryanka	97			Paryanka	97	2 ' 30 "
						10 Asana's per dag naar behoefte		
Les 16	tijd	Asana	ref	Pranayama Sitkari	ritme 52/208/104/208	Theorie	Asana's thuis	ref. tijd
				Mudra Maha Bandha			Marichy II	146 1 ' 50 "
							Ubhaya Padangustha	167 1 ' 50 "
							Urdhva Mukha Paschimottan I	168 2 ' 40 "
							Bharadwaja I	297 1 ' 50 "
							Bharadwaja II	299 1 ' 50 "
	1 ' 50 "	Lola	83	Samyama	tijd		Lola	83 1 ' 50 "
	1 ' 50 "	Gomukha	80	Sopa en Nirupa Krar50 '		Y.S. III 23	Gomukha	80 1 ' 50 "
	2 ' 50 "	Simha I	109				Simha I	109 2 ' 50 "
	2 ' 40 "	Tola	108				Tola	108 2 ' 40 "
	2 ' 40 "	Supta Vira	96				Supta Vira	96 2 ' 40 "
	2 ' 40 "	Paryanka	97				Paryanka	97 2 ' 40 "
							10 Asana's per dag naar behoefte	
Les 17	tijd	Asana	ref	Pranayama Sitkari	ritme 52/208/104/208	Theorie	Asana's thuis	ref. tijd
				Mudra Maha Vedha			Marichy II	146 2 '
							Ubhaya Padangustha	167 2 '
							Urdhva Mukha Paschimottan I	168 2 ' 50 "
							Bharadwaja I	297 2 '
							Bharadwaja II	299 2 '
				Samyama	tijd		Lola	83 2 '
				Sopa en Nirupa Krar50 '			Gomukha	80 2 '
							Simha I	109 3 '
							Tola	108 2 ' 50 "
							Supta Vira	96 2 ' 50 "
							Paryanka	97 2 ' 50 "
	8 ' 20 "	Marichy III	303				Marichy III	303 8 ' 20 "
	8 ' 20 "	Ardha Matsyendra I	311				Ardha Matsyendra I	311 8 ' 20 "
							10 Asana's per dag naar behoefte	
Les 18	tijd	Asana	ref	Pranayama Sitali	ritme 52/208/104/208	Theorie	Asana's thuis	ref. tijd
				Mudra			Marichy II	146 2 ' 10 "
							Ubhaya Padangustha	167 2 ' 10 "
							Urdhva Mukha Paschimottan I	168 3 '

			Khecari			Bharadwaja I	297 2 ' 10 "
						Bharadwaja II	299 2 ' 10 "
			Samyama	tijd		Lola	83 2 ' 10 "
			Maitry	50 '	Y.S. III 24	Gomukha	80 2 ' 10 "
						Tola	108 3 '
						Supta Vira	96 3 '
						Paryanka	97 3 '
	8 ' 30 "	Marichy III	303			Marichy III	303 8 ' 30 "
	8 ' 30 "	Ardha Matsyendra I	311			Ardha Matsyendra I	311 8 ' 30 "
						10 Asana's per dag naar behoefte	
Les 19	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Sitali	52/208/104/208		Marichy II	146 2 ' 20 "
			Mudra			Ubhaya Padangustha	167 2 ' 20 "
			Khecari			Bharadwaja I	297 2 ' 20 "
						Bharadwaja II	299 2 ' 20 '
			Samyama	tijd		Lola	83 2 ' 20 "
	8 ' 40 "	Marichy III	303 Maitry	50 '		Gomukha	80 2 ' 20 "
	8 ' 40 "	Ardha Matsyendra I	311			Marichy III	303 8 ' 40 "
						Ardha Matsyendra I	311 8 ' 40 "
						10 Asana's per dag naar behoefte	
Les 20	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhastrika	52/208/104/208		Marichy II	146 2 ' 30 "
			Mudra			Ubhaya Padangustha	167 2 ' 30 "
			Uddiyana Bandha			Bharadwaja I	297 2 ' 30 "
						Bharadwaja II	299 2 ' 30 '
			Samyama	tijd		Lola	83 2 ' 30 "
	7 ' 20 "	Urdhva Padma in Sirsa	211 Baleshu	50 '	Y.S. III 25	Gomukha	80 2 ' 30 "
	6 ' 50 "	Pinda in Sirsa	218			Urdhva Padma in Sirsa	211 7 ' 20 "
						Pinda in Sirsa	218 6 ' 50 "
						10 Asana's per dag naar behoefte	
Les 21	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhastrika	52/208/104/208		Marichy II	146 2 ' 40 "
			Mudra			Ubhaya Padangustha	167 2 ' 40 "
						Bharadwaja I	297 2 ' 40 "

			Uddiyana Bandha			Bharadwaja II	299 2' 40"
						Lola	83 2' 40"
	7' 30"	Urdhva Padma in Sirsa	Samyama	tijd		Gomukha	80 2' 40"
	7'	Pinda in Sirsa	211 Baleshu	50'		Urdhva Padma in Sirsa	211 7' 30"
			218			Pinda in Sirsa	218 7'
						10 Asana's per dag naar behoefte	
Les 22	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhramari	52/208/104/208		Marichy II	146 2' 50"
			Mudra			Ubhaya Padangustha	167 2' 50"
			Mula Bandha			Bharadwaja I	297 2' 50"
	7' 40"	Urdhva Padma in Sirsa	211 Samyama	tijd		Bharadwaja II	299 2' 50'
	7' 10"	Pinda in Sirsa	218 Pravrty Aloka	50'	Y.S. III 26	Lola	83 2' 50"
						Gomukha	80 2' 50"
						Urdhva Padma in Sirsa	211 7' 40"
						Pinda in Sirsa	218 7' 10"
						10 Asana's per dag naar behoefte	
Les 23	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
			Bhramari	52/208/104/208		Marichy II	146 3'
			Mudra			Ubhaya Padangustha	167 3'
			Mula Bandha			Bharadwaja I	297 3'
	6' 40"	Urdhva Padma in Sarvanga	261 Samyama	tijd		Bharadwaja II	299 3'
	6' 40"	Pinda in Sarvanga	269 Pravrty Aloka	50'		Lola	83 3'
						Gomukha	80 3'
						Urdhva Padma in Sarvanga	261 6' 40"
						Pinda in Sarvanga	269 6' 40"
						10 Asana's per dag naar behoefte	
Les 24	tijd	Asana	ref Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	6' 50"	Urdhva Padma in Sarvanga	261 Murca	52/208/104/208		Urdhva Padma in Sarvanga	261 6' 50"
	6' 50"	Pinda in Sarvanga	269			Pinda in Sarvanga	269 6' 50"
			Mudra			10 Asana's per dag naar behoefte	
			Jala Bandha				
			Samyama	tijd			
			Surya	50'		Y.S. III 27	

Les 25	tijd 7 ' 7 '	Asana Urdhva Padma in Sarvanga Pinda in Sarvanga	ref 261 269	Pranayama Murca Mudra Jala Bandha Samyama Surya	ritme 52/208/104/208	Theorie	Asana's thuis Urdhva Padma in Sarvanga Pinda in Sarvanga 10 Asana's per dag naar behoefte	ref. tijd 261 7 ' 269 7 '
Les 26	tijd 2 ' 8 ' 50 "	Asana Urdhva Danda Parsva Sirsa	ref 188 202	Pranayama Plavini Mudra Viparita Karani Samyama Candra	ritme 52/208/104/208	Theorie	Asana's thuis Urdhva Danda Parsva Sirsa 10 Asana's per dag naar behoefte Y.S. III 28	ref. tijd 188 2 ' 202 8 ' 50 "
Les 27	tijd 2 ' 10 " 9 '	Asana Urdhva Danda Parsva Sirsa	ref 188 202	Pranayama Plavini Mudra Viparita Karani Samyama Candra	ritme 52/208/104/208	Theorie	Asana's thuis Urdhva Danda Parsva Sirsa 10 Asana's per dag naar behoefte	ref. tijd 188 2 ' 10 " 202 9 '
Les 28	tijd 2 ' 20 " 9 ' 10 "	Asana Urdhva Danda Parsva Sirsa	ref 188 202	Pranayama Surya Mudra Vajroli Samyama Dhruva	ritme 56/224/112/224	Theorie	Asana's thuis Urdhva Danda Parsva Sirsa 10 Asana's per dag naar behoefte	ref. tijd 188 2 ' 20 " 202 9 ' 10 "
						Y.S. III 29		

Les 29	tijd	Asana	ref	Pranayama Surya	ritme	Theorie	Asana's thuis	ref. tijd
	6 ' 50 "	Parivrittaika Pada Sirsa	206		56/224/112/224		Urdhva Danda	188 2 ' 30 "
	6 ' 50 "	Ekapada Sirsa	208	Mudra Vajroli			Parivrittaika Pada Sirsa	206 6 ' 50 "
							Ekapada Sirsa	208 6 ' 50 "
				Samyama Dhruva	tijd		10 Asana's per dag naar behoefte	
					50 '			
Les 30	tijd	Asana	ref	Pranayama Ujjayi	ritme	Theorie	Asana's thuis	ref. tijd
	7 '	Parivrittaika Pada Sirsa	206		56/224/112/224		Urdhva Danda	188 2 ' 40 "
	7 '	Ekapada Sirsa	208	Mudra Sahajoli			Parivrittaika Pada Sirsa	206 7 '
							Ekapada Sirsa	208 7 '
				Samyama Nabhi Cakra	tijd	Y.S. III 30	10 Asana's per dag naar behoefte	
					50 '			
Les 31	tijd	Asana	ref	Pranayama Ujjayi	ritme	Theorie	Asana's thuis	ref. tijd
	7 ' 10 "	Parivrittaika Pada Sirsa	206		56/224/112/224		Urdhva Danda	188 2 ' 50 "
	7 ' 10 "	Ekapada Sirsa	208	Mudra Sahajoli			Parivrittaika Pada Sirsa	206 7 ' 10 "
							Ekapada Sirsa	208 7 ' 10 "
				Samyama Nabhi Cakra	tijd		10 Asana's per dag naar behoefte	
					50 '			
Les 32	tijd	Asana	ref	Pranayama Sitkari	ritme	Theorie	Asana's thuis	ref. tijd
	6 ' 50 "	Parsvaikapada Sirsa	210		56/224/112/224		Urdhva Danda	188 3 '
	7 ' 20 "	Urdhva Padma in Sirsa	211	Mudra Amaroli			Parsvaikapada Sirsa	210 6 ' 50 "
							Urdhva Padma in Sirsa	211 7 ' 20 "
				Samyama Kantha Kupe	tijd	Y.S. III 31	10 Asana's per dag naar behoefte	
					50 '			
Les 33	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd

	7 ' 7 ' 30 "	Parsvaikapada Sirsa Urdhva Padma in Sirsa	210 Sitkari 211 Mudra Amaroli	56/224/112/224		Parsvaikapada Sirsa Urdhva Padma in Sirsa 10 Asana's per dag naar behoefte	210 7 ' 211 7 ' 30 "
			Samyama Kantha Kupe	tijd 50 '			
Les 34	tijd 7 ' 10 " 7 ' 40 "	Asana Parsvaikapada Sirsa Urdhva Padma in Sirsa	ref Pranayama 210 Sitali 211 Mudra Sakti Calana	ritme 56/224/112/224	Theorie	Asana's thuis Parsvaikapada Sirsa Urdhva Padma in Sirsa 10 Asana's per dag naar behoefte	ref. tijd 210 7 ' 10 " 211 7 ' 40 "
			Samyama Kurma Nadi	tijd 50 '	Y.S. III 32		
Les 35	tijd 6 ' 50 " 6 ' 50 "	Asana Parsva Urdhva Padma Pinda in Sirsa	ref Pranayama 215 Sitali 218 Mudra Sakti Calana	ritme 56/224/112/224	Theorie	Asana's thuis Parsva Urdhva Padma Pinda in Sirsa 10 Asana's per dag naar behoefte	ref. tijd 215 6 ' 50 " 218 6 ' 50 "
			Samyama Kurma Nadi	tijd 50 '			
Les 36	tijd 7 ' 7 '	Asana Parsva Urdhva Padma Pinda in Sirsa	ref Pranayama 215 Bhastrika 218 Mudra Maha	ritme 56/224/112/224	Theorie	Asana's thuis Parsva Urdhva Padma Pinda in Sirsa 10 Asana's per dag naar behoefte	ref. tijd 215 7 ' 218 7 '
			Samyama Murdha Jyotishi	tijd 50 '	Y.S. III 33		
Les 37	tijd 7 ' 10 "	Asana Parsva Urdhva Padma	ref Pranayama 215 Bhastrika	ritme 56/224/112/224	Theorie	Asana's thuis Parsva Urdhva Padma	ref. tijd 215 7 ' 10 "

	7 ' 10 "	Pinda in Sirsa	218	Mudra Maha		Pinda in Sirsa 10 Asana's per dag naar behoefte	218 7 ' 10 "	
				Samyama Murdha Jyotishi	tijd 50 '			
Les 38	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	10 ' 20 "	Ekapada Sarvanga	250	Bhramari	56/224/112/224		Ekapada Sarvanga	250 10 ' 20 "
	9 ' 20 "	Parsvaikapada Sarvanga	251	Mudra Maha Bandha			Parsvaikapada Sarvanga 10 Asana's per dag naar behoefte	251 9 ' 20 "
				Samyama Pratibha	tijd 50 '	Y.S. III 34		
Les 39	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	10 ' 30 "	Ekapada Sarvanga	250	Bhramari	56/224/112/224		Ekapada Sarvanga	250 10 ' 30 "
	9 ' 30 "	Parsvaikapada Sarvanga	251	Mudra Maha Bandha			Parsvaikapada Sarvanga 10 Asana's per dag naar behoefte	251 9 ' 30 "
				Samyama Pratibha	tijd 50 '			
Les 40	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	10 ' 40 "	Ekapada Sarvanga	250	Murca	56/224/112/224		Ekapada Sarvanga	250 10 ' 40 "
	9 ' 40 "	Parsvaikapada Sarvanga	251	Mudra Maha Vedha			Parsvaikapada Sarvanga 10 Asana's per dag naar behoefte	251 9 ' 40 "
				Samyama Hrdaye	tijd 50 '	Y.S. III 35		

Les 41	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 40 "	Pinda in Sarvanga	269	Murca	56/224/112/224	Nieuwe	Pinda in Sarvanga	269	6 ' 40 "
	6 ' 50 "	Parsva Pinda in Sarvanga	270	Mudra		Psychologie	Parsva Pinda in Sarvanga	270	6 ' 50 "
				Maha Vedha		telkens ca 22 p.	10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Hrdaye	50 '				
Les 42	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 50 "	Pinda in Sarvanga	269	Plavini	56/224/112/224		Pinda in Sarvanga	269	6 ' 50 "
	7 '	Parsva Pinda in Sarvanga	270	Mudra			Parsva Pinda in Sarvanga	270	7 '
				Khecari			10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Pararthat Svartha	50 '	Y.S. III 36			
Les 43	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 '	Pinda in Sarvanga	269	Plavini	56/224/112/224		Pinda in Sarvanga	269	7 '
	7 ' 10 "	Parsva Pinda in Sarvanga	270	Mudra			Parsva Pinda in Sarvanga	270	7 ' 10 "
				Khecari			10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Pararthat Svartha	50 '				
Les 44	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 40 "	Setubandha Sarvanga	259	Surya	60/240/120/240		Setubandha Sarvanga	259	6 ' 40 "
	6 ' 40 "	Ekapada Setubandha Sarvanga	260	Mudra			Ekapada Setubandha Sarvanga	260	6 ' 40 "
				Uddiyana			10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Bandha Karana	50 '	Y.S. III 39			
Les 45	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd

	6 ' 50 "	Setubandha Sarvanga	259	Surya	60/240/120/240		Setubandha Sarvanga	259	6 ' 50 "
	6 ' 50 "	Ekapada Setubandha Sarvanga	260	Mudra Uddiyana			Ekapada Setubandha Sarvanga 10 Asana's per dag naar behoefte	260	6 ' 50 "
				Samyama Bandha Karana	tijd 50 '				
Les 46	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 '	Setubandha Sarvanga	259	Ujjayi	60/240/120/240		Setubandha Sarvanga	259	7 '
	7 '	Ekapada Setubandha Sarvanga	260	Mudra Mula			Ekapada Setubandha Sarvanga 10 Asana's per dag naar behoefte	260	7 '
				Samyama Udana	tijd 50 '	Y.S. III 40			
Les 47	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 50 "	Supta Padangustha	285	Ujjayi	60/240/120/240		Supta Padangustha 10 Asana's per dag naar behoefte	285	6 ' 50 "
				Mudra Mula					
				Samyama Udana	tijd 50 '				
Les 48	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 '	Supta Padangustha	285	Ujjayi	60/240/120/240		Supta Padangustha 10 Asana's per dag naar behoefte	285	7 '
				Mudra Jala					
				Samyama Samana	tijd 50 '	Y.S. III 41			
Les 49	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 ' 10 "	Supta Padangustha	285	Sitkari	60/240/120/240		Supta Padangustha	285	7 ' 10 "

						10 Asana's per dag naar behoefte	
			Mudra				
			Jala				
			Samyama	tijd			
			Samana	50 '			
Les 50	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis
	2 ' 50 "	Krouncha	141	Sitkari	60/240/120/240		Krouncha
	6 ' 40 "	Baddha Padma	118				Baddha Padma
	6 ' 40 "	Kukkuta	115	Mudra			Kukkuta
				Viparita Karani			10 Asana's per dag naar behoefte
				Samyama	tijd		
				Srotra Akashayoh	50 '	Y.S. III 42	
Les 51	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis
	3 '	Krouncha	141	Sitali	60/240/120/240		Krouncha
	6 ' 50 "	Baddha Padma	118				Baddha Padma
	6 ' 50 "	Kukkuta	115	Mudra			Kukkuta
				Viparita Karani			10 Asana's per dag naar behoefte
				Samyama	tijd		
				Srotra Akashayoh	50 '		
Les 52	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis
	3 ' 10 "	Krouncha	141	Bhastrika	60/240/120/240		Krouncha
	7 '	Baddha Padma	118				Baddha Padma
	7 '	Kukkuta	115	Mudra			Kukkuta
				Vajroli			10 Asana's per dag naar behoefte
				Samyama	tijd		
				Kaya Akashayoh	50 '	Y.S. III 43	
Les 53	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis
	6 ' 50 "	Garbha Pinda	116	Bhastrika	60/240/120/240		Garbha Pinda
	3 ' 20 "	Upavista Kona	151				Upavista Kona

	6 ' 40 "	Akarna Dhanura	173	Mudra Vajroli		Akarna Dhanura 10 Asana's per dag naar behoefte	173	6 ' 40 "	
				Samyama Kaya Akashayoh	tijd 50 '				
Les 54	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref. tijd
	7 '	Garbha Pinda	116	Bhramari	60/240/120/240			Garbha Pinda	116 7 '
	3 ' 30 "	Upavista Kona	151					Upavista Kona	151 3 ' 30 "
	6 ' 50 "	Akarna Dhanura	173	Mudra Sahajoli				Akarna Dhanura 10 Asana's per dag naar behoefte	173 6 ' 50 "
				Samyama Shtula Svarupa	tijd 50 '	Y.S. III 45			
Les 55	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref. tijd
	7 ' 10 "	Garbha Pinda	116	Bhramari	60/240/120/240			Garbha Pinda	116 7 ' 10 "
	3 ' 40 "	Upavista Kona	151					Upavista Kona	151 3 ' 40 "
	7 '	Akarna Dhanura	173	Mudra Sahajoli				Akarna Dhanura 10 Asana's per dag naar behoefte	173 7 '
				Samyama Shtula Svarupa	tijd 50 '				
Les 56	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref. tijd
	5 '	Baddha Kona	102	Murca	60/240/120/240			Baddha Kona	102 5 '
	2 ' 30 "	Parsva Dhanura	64					Parsva Dhanura	64 2 ' 30 "
	1 ' 10 "	Utthita Hasta Padangustha	23	Mudra				Utthita Hasta Padangustha	23 1 ' 10 "
	1 ' 10 "	Ardha Baddha Padmottan	52	Amaroli				Ardha Baddha Padmottan 10 Asana's per dag naar behoefte	52 1 ' 10 "
				Samyama Grahana Svarupa	tijd 50 '	Y.S. III 48			
Les 57	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref. tijd
	5 ' 10 "	Baddha Kona	102	Murca	60/240/120/240			Baddha Kona	102 5 ' 10 "
	2 ' 40 "	Parsva Dhanura	64					Parsva Dhanura	64 2 ' 40 "
	1 ' 20 "	Utthita Hasta Padangustha	23	Mudra				Utthita Hasta Padangustha	23 1 ' 20 "

	1 ' 20 "	Ardha Baddha Padmottan	52	Amaroli				Ardha Baddha Padmottan	52	1 ' 20 "
								10 Asana's per dag naar behoefte		
				Samyama	tijd					
				Grahana Svarupa	50 '					
Les 58	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
	5 ' 20	Baddha Kona	102	Plavini	60/240/120/240			Baddha Kona	102	5 ' 20
	2 ' 50 "	Parsva Dhanura	64					Parsva Dhanura	64	2 ' 50 "
	1 ' 30 "	Utthita Hasta Padangustha	23	Mudra				Utthita Hasta Padangustha	23	1 ' 30 "
	1 ' 30 "	Ardha Baddha Padmottan	52	Sakti Calana				Ardha Baddha Padmottan	52	1 ' 30 "
								10 Asana's per dag naar behoefte		
				Samyama	tijd					
				Sattva Purusha	50 '	Y.S. III 50				
Les 59	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Plavini	60/240/120/240			Utthita Hasta Padangustha	23	1 ' 40 "
								Ardha Baddha Padmottan	52	1 ' 40 "
				Mudra				Vatayan	58	1 ' 10 "
	1 ' 10 "	Vatayan	58	Sakti Calana				Parivritta Janusirsa	132	1 ' 10 "
	1 ' 10 "	Parivritta Janusirsa	132					Urdhva Mukha Paschimottan I	168	2 '
	2 '	Urdhva Mukha Paschimottan I	168	Samyama	tijd			Urdhva Mukha Paschimottan II	170	1 ' 10
	1 ' 10	Urdhva Mukha Paschimottan II	170	Sattva Purusha	50 '			Simha II	110	5 ' 50 "
	5 ' 50 "	Simha II	110					10 Asana's per dag naar behoefte		
Les 60	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Surya	64/256/128/256			Utthita Hasta Padangustha	23	1 ' 50 "
								Ardha Baddha Padmottan	52	1 ' 50 "
	1 ' 20 "	Vatayan	58	Mudra				Vatayan	58	1 ' 20 "
	1 ' 20 "	Parivritta Janusirsa	132	Maha				Parivritta Janusirsa	132	1 ' 20 "
	2 ' 10 "	Urdhva Mukha Paschimottan I	168					Urdhva Mukha Paschimottan I	168	2 ' 10 "
	1 ' 20	Urdhva Mukha Paschimottan II	170	Samyama	tijd			Urdhva Mukha Paschimottan II	170	1 ' 20
	6 '	Simha II	110	Tad Vairagyat	50 '	Y.S. III 51		Simha II	110	6 '
								10 Asana's per dag naar behoefte		
Les 61	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Surya	64/256/128/256			Utthita Hasta Padangustha	23	2 '

	1 ' 30 "	Vatayan	58	Mudra				Ardha Baddha Padmottan	52	2 '
	1 ' 30 "	Parivritta Janusirsa	132	Maha				Vatayan	58	1 ' 30 "
	2 ' 20 "	Urdhva Mukha Paschimottan I	168					Parivritta Janusirsa	132	1 ' 30 "
	1 ' 30 "	Urdhva Mukha Paschimottan II	170	Samyama	tijd			Urdhva Mukha Paschimottan I	168	2 ' 20 "
	6 ' 10 "	Simha II	110	Tad Vairagyat	50 '			Urdhva Mukha Paschimottan II	170	1 ' 30 "
								Simha II	110	6 ' 10 "
								10 Asana's per dag naar behoefte		
Les 62	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Ujjayi	64/256/128/256			Utthita Hasta Padangustha	23	2 ' 10 "
				Mudra				Ardha Baddha Padmottan	52	2 ' 10 "
				Maha Bandha				Vatayan	58	1 ' 40 "
				Samyama	tijd			Parivritta Janusirsa	132	1 ' 40 "
	2 '	Parivritta Janusirsa	132	Kshana	50 '	Y.S. III 53		Urdhva Mukha Paschimottan I	168	2 ' 30 "
	5 ' 50 "	Simha II	110					Urdhva Mukha Paschimottan II	170	1 ' 40 "
	6 '	Uttanapada	292					Parivritta Janusirsa	132	2 '
	2 '	Urdhva Dhanura I	482					Simha II	110	5 ' 50 "
								Uttanapada	292	6 '
								Urdhva Dhanura I	482	2 '
								10 Asana's per dag naar behoefte		
Les 63	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Ujjayi	64/256/128/256			Utthita Hasta Padangustha	23	2 ' 20 "
				Mudra				Ardha Baddha Padmottan	52	2 ' 20 "
				Maha Bandha				Vatayan	58	1 ' 50 "
				Samyama	tijd			Parivritta Janusirsa	132	1 ' 50 "
	2 ' 10 "	Parivritta Janusirsa	132	Kshana	50 '			Urdhva Mukha Paschimottan I	168	2 ' 40 "
	6 '	Simha II	110					Urdhva Mukha Paschimottan II	170	1 ' 50 "
	6 ' 10 "	Uttanapada	292					Parivritta Janusirsa	132	2 ' 10 "
	2 ' 10 "	Urdhva Dhanura I	482					Simha II	110	6 '
								Uttanapada	292	6 ' 10 "
								Urdhva Dhanura I	482	2 ' 10 "
								10 Asana's per dag naar behoefte		
Les 64	tijd	Asana	ref	Pranayama	ritme	Theorie		Asana's thuis	ref.	tijd
				Sitkari	64/256/128/256			Utthita Hasta Padangustha	23	2 ' 30 "
								Ardha Baddha Padmottan	52	2 ' 30 "

			Mudra			Vatayan	58	2'
			Maha Vedha			Parivritta Janusirsa	132	2'
						Urdhva Mukha Paschimottan I	168	2' 50"
			Samyama	tijd		Urdhva Mukha Paschimottan II	170	2'
2' 20"	Parivritta Janusirsa	132	Parinama's	55'	Y.S. III 16	Parivritta Janusirsa	132	2' 20"
6' 10"	Simha II	110				Simha II	110	6' 10"
6' 20"	Uttanapada	292				Uttanapada	292	6' 20"
2' 20"	Urdhva Dhanura I	482				Urdhva Dhanura I	482	2' 20"
						10 Asana's per dag naar behoefte		
Les 65	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Sitkari	64/256/128/256		Utthita Hasta Padangustha	23 2' 40"
				Mudra			Ardha Baddha Padmottan	52 2' 40"
				Maha Vedha			Vatayan	58 2' 10"
				Samyama	tijd		Parivritta Janusirsa	132 2' 10"
				Parinama's	55'		Urdhva Mukha Paschimottan I	168 3'
2' 20"	Salamba Sirsa II	192				Urdhva Mukha Paschimottan II	170 2' 10"	
2' 20"	Salamba Sirsa III	194				Parivritta Janusirsa	132 2' 30"	
2' 20"	Baddha Hasta Sirsa	198				Urdhva Dhanura I	482 2' 30"	
2' 20"	Mukta Hasta Sirsa	200				Salamba Sirsa II	192 2' 20"	
						Salamba Sirsa III	194 2' 20"	
						Baddha Hasta Sirsa	198 2' 20"	
						Mukta Hasta Sirsa	200 2' 20"	
						10 Asana's per dag naar behoefte		
Les 66	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Sitali	64/256/128/256		Utthita Hasta Padangustha	23 2' 50"
				Mudra			Ardha Baddha Padmottan	52 2' 50"
				Khecari			Vatayan	58 2' 20"
				Samyama	tijd		Parivritta Janusirsa	132 2' 20"
				Sabdartha	55'	Y.S. III 17	Urdhva Mukha Paschimottan II	170 2' 20"
2' 30"	Salamba Sirsa II	192				Parivritta Janusirsa	132 2' 40"	
2' 30"	Salamba Sirsa III	194				Urdhva Dhanura I	482 2' 40"	
2' 30"	Baddha Hasta Sirsa	198				Salamba Sirsa II	192 2' 30"	
2' 30"	Mukta Hasta Sirsa	200				Salamba Sirsa III	194 2' 30"	
						Baddha Hasta Sirsa	198 2' 30"	
						Mukta Hasta Sirsa	200 2' 30"	

10 Asana's per dag naar behoefte

Les 67	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitali	64/256/128/256		Utthita Hasta Padangustha	23	3'
				Mudra			Ardha Baddha Padmottan	52	3'
				Khecari			Vatayan	58	2' 30"
				Samyama	tijd		Parivritta Janusirsa	132	2' 30"
				Sabdartha	55'		Urdhva Mukha Paschimottan II	170	2' 30"
	2' 40"	Salamba Sirsa II	192				Parivritta Janusirsa	132	2' 50"
	2' 40"	Salamba Sirsa III	194				Urdhva Dhanura I	482	2' 50"
	2' 40"	Baddha Hasta Sirsa	198				Salamba Sirsa II	192	2' 40"
	2' 40"	Mukta Hasta Sirsa	200				Salamba Sirsa III	194	2' 40"
							Baddha Hasta Sirsa	198	2' 40"
							Mukta Hasta Sirsa	200	2' 40"

10 Asana's per dag naar behoefte

Les 68	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Bhastrika	64/256/128/256		Vatayan	58	2' 40"
				Mudra			Parivritta Janusirsa	132	2' 40"
				Uddiyana Bandha			Urdhva Mukha Paschimottan II	170	2' 40"
				Samyama	tijd		Parivritta Janusirsa	132	3'
				Samskara	55'	Y.S. III 18	Urdhva Dhanura I	482	3'
	5' 20"	Parsva Sarvanga	254				Salamba Sirsa II	192	2' 50"
	6' 40"	Setubandha Sarvanga	259				Salamba Sirsa III	194	2' 50"
	6' 40"	Ekapada Setubandha Sarvanga	260				Baddha Hasta Sirsa	198	2' 50"
							Mukta Hasta Sirsa	200	2' 50"
							Parsva Sarvanga	254	5' 20"
							Setubandha Sarvanga	259	6' 40"
							Ekapada Setubandha Sarvanga	260	6' 40"

10 Asana's per dag naar behoefte

Les 69	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Bhastrika	64/256/128/256		Vatayan	58	2' 50"
				Mudra			Parivritta Janusirsa	132	2' 50"
				Uddiyana Bandha			Urdhva Mukha Paschimottan II	170	2' 50"
							Salamba Sirsa II	192	3'
							Salamba Sirsa III	194	3'

			Samyama Samskara	tijd 55 '		Baddha Hasta Sirsa Mukta Hasta Sirsa Parsva Sarvanga Setubandha Sarvanga Ekapada Setubandha Sarvanga 10 Asana's per dag naar behoefte	198 3 ' 200 3 ' 254 5 ' 30 " 259 6 ' 50 " 260 6 ' 50 "
5 ' 30 "	Parsva Sarvanga	254					
6 ' 50 "	Setubandha Sarvanga	259					
6 ' 50 "	Ekapada Setubandha Sarvanga	260					
Les 70	tijd Asana	ref	Pranayama Bhramari	ritme 64/256/128/256	Theorie	Asana's thuis Vatayan Parivritta Janusirsa Urdhva Mukha Paschimottan II Parsva Sarvanga Setubandha Sarvanga Ekapada Setubandha Sarvanga 10 Asana's per dag naar behoefte	ref. tijd 58 3 ' 132 3 ' 170 3 ' 254 5 ' 40 " 259 7 ' 260 7 '
5 ' 40 "	Parsva Sarvanga	254	Mudra Mula Bandha				
7 '	Setubandha Sarvanga	259					
7 '	Ekapada Setubandha Sarvanga	260	Samyama Pratyaya	tijd 55 '	Y.S. III 19		
Les 71	tijd Asana	ref	Pranayama Bhramari	ritme 64/256/128/256	Theorie	Asana's thuis Ananta Parivritta Paschimottan Goraksa 10 Asana's per dag naar behoefte	ref. tijd 290 5 ' 10 " 165 5 ' 10 " 117 5 ' 10 "
5 ' 10 "	Ananta	290					
5 ' 10 "	Parivritta Paschimottan	165					
5 ' 10 "	Goraksa	117	Mudra Mula Bandha				
			Samyama Pratyaya	tijd 55 '			
Les 72	tijd Asana	ref	Pranayama Murca	ritme 64/256/128/256	Theorie	Asana's thuis Ananta Parivritta Paschimottan Goraksa 10 Asana's per dag naar behoefte	ref. tijd 290 5 ' 20 " 165 5 ' 20 " 117 5 ' 20 "
5 ' 20 "	Ananta	290					
5 ' 20 "	Parivritta Paschimottan	165					
5 ' 20 "	Goraksa	117	Mudra Jala Bandha				
			Samyama Rupa	tijd 55 '	Y.S. III 21		
Les 73	tijd Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd

	5 ' 30 "	Ananta	290	Murca	64/256/128/256		Ananta	290	5 ' 30 "
	5 ' 30 "	Parivritta Paschimottan	165				Parivritta Paschimottan	165	5 ' 30 "
	5 ' 30 "	Goraksa	117	Mudra			Goraksa	117	5 ' 30 "
				Jala Bandha			10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Rupa	55 '				
Les 74	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	2 ' 50 "	Bheka	100	Plavini	64/256/128/256		Bheka	100	2 ' 50 "
	1 ' 10 "	Marichy IV	305				Marichy IV	305	1 ' 10 "
	4 '	Bhujapida	348	Mudra			Bhujapida	348	4 '
	4 '	Kurma	363	Viparita Karani			Kurma	363	4 '
							10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Sopa Krama	55 '	Y.S. III 23			
Les 75	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 '	Bheka	100	Plavini	64/256/128/256		Bheka	100	3 '
	1 ' 20 "	Marichy IV	305				Marichy IV	305	1 ' 20 "
	4 ' 10 "	Bhujapida	348	Mudra			Bhujapida	348	4 ' 10 "
	4 ' 10 "	Kurma	363	Viparita Karani			Kurma	363	4 ' 10 "
							10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Sopa Krama	55 '				
Les 76	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 10 "	Bheka	100	Surya	68/272/136/272		Bheka	100	3 ' 10 "
	1 ' 30 "	Marichy IV	305				Marichy IV	305	1 ' 30 "
	4 ' 20 "	Bhujapida	348	Mudra			Bhujapida	348	4 ' 20 "
	4 ' 20 "	Kurma	363	Vajroli			Kurma	363	4 ' 20 "
							10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Maitry	55 '	Y.S. III 24			
Les 77	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Surya	68/272/136/272		Marichy IV	305	1 ' 40 "

4 ' Supta Kurma	368		Supta Kurma	368	4 ' 368
4 ' Ekapada Sirsa	371	Mudra	Ekapada Sirsa	371	4 ' 371
6 ' 20 " Padma	104	Vajroli	Padma	104	6 ' 20 " 104

10 Asana's per dag naar behoefte

Samyama
Maitry
tijd
55 ' 55'

Les 78	tijd	Asana	ref	Pranayama Ujjayi	ritme 68/272/136/272	Theorie	Asana's thuis Marichy IV Supta Kurma Ekapada Sirsa Padma	ref.	tijd 305 1 ' 50 " 368 4 ' 10 " 371 4 ' 10 " 104 6 ' 30 "
	4 ' 10 "	Supta Kurma	368						
	4 ' 10 "	Ekapada Sirsa	371	Mudra					
	6 ' 30 "	Padma	104	Sahajoli					

10 Asana's per dag naar behoefte

Samyama
Baleshu
tijd
55 ' 55'

Y.S. III 25

Les 79	tijd	Asana	ref	Pranayama Ujjayi	ritme 68/272/136/272	Theorie	Asana's thuis Marichy IV Supta Kurma Ekapada Sirsa Padma	ref.	tijd 305 2 ' 368 4 ' 20 " 371 4 ' 20 " 104 6 ' 40 "
	4 ' 20 "	Supta Kurma	368						
	4 ' 20 "	Ekapada Sirsa	371	Mudra					
	6 ' 40 "	Padma	104	Sahajoli					

10 Asana's per dag naar behoefte

Samyama
Baleshu
tijd
55 ' 55'

Les 80	tijd	Asana	ref	Pranayama Sitkari	ritme 68/272/136/272	Theorie	Asana's thuis Marichy IV Parvata Tola	ref.	tijd 305 2 ' 10 " 107 6 ' 20 " 108 6 ' 20 "
	6 ' 20 "	Parvata	107						
	6 ' 20 "	Tola	108	Mudra Amaroli					

10 Asana's per dag naar behoefte

Samyama
Pravrty Aloka
tijd
55 ' 55'

Y.S. III 26

Les 81	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 30 "	Parvata	107	Sitkari	68/272/136/272	Esoterische	Marichy IV	305	2 ' 20 "
	6 ' 30 "	Tola	108	Mudra		Genezing	Parvata	107	6 ' 30 "
				Amaroli		telkens ca 13 p.	Tola	108	6 ' 30 "
				Samyama	tijd		10 Asana's per dag naar behoefte		
				Pravrty Aloka	55 '				
Les 82	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 40 "	Parvata	107	Sitali	68/272/136/272		Marichy IV	305	2 ' 30 "
	6 ' 40 "	Tola	108	Mudra			Parvata	107	6 ' 40 "
				Sakti Calana			Tola	108	6 ' 40 "
				Samyama	tijd		10 Asana's per dag naar behoefte		
				Surya	55 '	Y.S. III 27			
Les 83	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	5 ' 50 "	Simha II	110	Sitali	68/272/136/272		Marichy IV	305	2 ' 40 "
	7 ' 40 "	Matsya	113	Mudra			Simha II	110	5 ' 50 "
				Sakti Calana			Matsya	113	7 ' 40 "
				Samyama	tijd		10 Asana's per dag naar behoefte		
				Surya	55 '				
Les 84	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 '	Simha II	110	Bhastrika	68/272/136/272		Marichy IV	305	2 ' 50 "
	7 ' 50 "	Matsya	113	Mudra			Simha II	110	6 '
				Maha			Matsya	113	7 ' 50 "
				Samyama	tijd		10 Asana's per dag naar behoefte		
				Candra	55 '	Y.S. III 28			
Les 85	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd

	6 ' 10 "	Simha II	110	Bhastrika	68/272/136/272		Marichy IV	305	3 '
	8 '	Matsya	113	Mudra Maha			Simha II	110	6 ' 10 "
							Matsya	113	8 '
				Samyama Candra	tijd 55 '		10 Asana's per dag naar behoefte		
Les 86	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	6 ' 50 "	Kukkuta	115	Bhramari	68/272/136/272		Kukkuta	115	6 ' 50 "
	6 ' 50 "	Garbha Pinda	116	Mudra Maha Bandha			Garbha Pinda	116	6 ' 50 "
				Samyama Dhruva	tijd 55 '	Y.S. III 29	10 Asana's per dag naar behoefte		
Les 87	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 '	Kukkuta	115	Bhramari	68/272/136/272		Kukkuta	115	7 '
	7 '	Garbha Pinda	116	Mudra Maha Bandha			Garbha Pinda	116	7 '
				Samyama Dhruva	tijd 55 '		10 Asana's per dag naar behoefte		
Les 88	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 ' 10 "	Kukkuta	115	Murca	68/272/136/272		Kukkuta	115	7 ' 10 "
	7 ' 10	Garbha Pinda	116	Mudra Maha Vedha			Garbha Pinda	116	7 ' 10
				Samyama Nabhi Cakra	tijd 55 '	Y.S. III 30	10 Asana's per dag naar behoefte		
Les 89	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	5 ' 10	Goraksa	117	Murca	68/272/136/272		Goraksa	117	5 ' 10

	6 ' 50 "	Baddha Padma		118			Baddha Padma	118	6 ' 50 "
	6 ' 50 "	Yoga Mudra		120	Mudra Maha Vedha		Yoga Mudra 10 Asana's per dag naar behoefte	120	6 ' 50 "
					Samyama Nabhi Cakra	tijd 55 '			
Les 90	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	5 ' 20	Goraksa	117	Plavini	68/272/136/272		Goraksa	117	5 ' 20
	7 '	Baddha Padma	118				Baddha Padma	118	7 '
	7 '	Yoga Mudra	120	Mudra Khecari			Yoga Mudra 10 Asana's per dag naar behoefte	120	7 '
					Samyama Kantha Kupe	tijd 55 '			Y.S. III 31
Les 91	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	5 ' 30	Goraksa	117	Plavini	68/272/136/272		Goraksa	117	5 ' 30
	7 ' 10 "	Baddha Padma	118				Baddha Padma	118	7 ' 10 "
	7 ' 10 "	Yoga Mudra	120	Mudra Khecari			Yoga Mudra 10 Asana's per dag naar behoefte	120	7 ' 10 "
					Samyama Kantha Kupe	tijd 55 '			
Les 92	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	5 ' 40	Goraksa	117	Surya	72/288/144/288		Goraksa	117	5 ' 40
	7 ' 20 "	Baddha Padma	118				Baddha Padma	118	7 ' 20 "
	7 ' 20 "	Yoga Mudra	120	Mudra Uddiyana Bandha			Yoga Mudra 10 Asana's per dag naar behoefte	120	7 ' 20 "
					Samyama Kurma Nadi	tijd 55 '			Y.S. III 32
Les 93	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	4 '	Pasa	328	Surya	72/288/144/288		Pasa	328	4 '
	1 ' 40 "	Setubandha	296				Setubandha	296	1 ' 40 "

	2 ' 50 "	Skanda	372	Mudra Uddiyana Bandha		Skanda 10 Asana's per dag naar behoefte	372	2 ' 50 "
				Samyama Kurma Nadi	tijd 55 '			
Les 94	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	4 ' 10 "	Pasa	328	Ujjayi	72/288/144/288		Pasa	328 4 ' 10 "
	1 ' 50 "	Setubandha	296				Setubandha	296 1 ' 50 "
	3 '	Skanda	372	Mudra Mula Bandha			Skanda 10 Asana's per dag naar behoefte	372 3 '
				Samyama Murdha Jyotishi	tijd 55 '	Y.S. III 33		
Les 95	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	4 ' 20 "	Pasa	328	Ujjayi	72/288/144/288		Pasa	328 4 ' 20 "
	2 '	Setubandha	296				Setubandha	296 2 '
	3 ' 10 "	Skanda	372	Mudra Mula Bandha			Skanda 10 Asana's per dag naar behoefte	372 3 ' 10 "
				Samyama Murdha Jyotishi	tijd 55 '			
Les 96	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	4 '	Bhujapida	348	Sitkari	72/288/144/288		Bhujapida	348 4 '
	2 ' 50 "	Astavakra	342				Astavakra	342 2 ' 50 "
	1 ' 10 "	Ekahasta Bhuja	344	Mudra			Ekahasta Bhuja	344 1 ' 10 "
	1 ' 10 "	Dvihasta Bhuja	345	Jalandhara Bandha			Dvihasta Bhuja	345 1 ' 10 "
	1 ' 10 "	Adhomukha Vrksa	359				Adhomukha Vrksa 10 Asana's per dag naar behoefte	359 1 ' 10 "
				Samyama Pratibha	tijd 55 '	Y.S. III 34		
Les 97	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	4 ' 10 "	Bhujapida	348	Sitkari	72/288/144/288		Bhujapida	348 4 ' 10 "
	3 '	Astavakra	342				Astavakra	342 3 '
	1 ' 20 "	Ekahasta Bhuja	344	Mudra			Ekahasta Bhuja	344 1 ' 20 "

	1 ' 20 "	Dvihasta Bhuja	345	Jalandhara Bandha		Dvihasta Bhuja	345	1 ' 20 "
	1 ' 20 "	Adhomukha Vrksa	359			Adhomukha Vrksa	359	1 ' 20 "
				Samyama	tijd			
				Pratibha	55 '	10 Asana's per dag naar behoefte		
Les 97	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
	4 ' 20 "	Bhujapida	348	Sitali	72/288/144/288		Bhujapida	348 4 ' 20 "
	3 ' 10 "	Astavakra	342				Astavakra	342 3 ' 10 "
	1 ' 30 "	Ekahasta Bhuja	344	Mudra			Ekahasta Bhuja	344 1 ' 30 "
	1 ' 30 "	Dvihasta Bhuja	345	Viparita Karani			Dvihasta Bhuja	345 1 ' 30 "
	1 ' 30 "	Adhomukha Vrksa	359				Adhomukha Vrksa	359 1 ' 30 "
				Samyama	tijd			
				Hrdaye	55 '	Y.S. III 35	10 Asana's per dag naar behoefte	
Les 98	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Sitali	72/288/144/288		Ekahasta Bhuja	344 1 ' 40 "
				Mudra			Dvihasta Bhuja	345 1 ' 40 "
	3 ' 10 "	Mayura	354	Viparita Karani			Adhomukha Vrksa	359 1 ' 40 "
	3 ' 10 "	Padma Mayura	355				Mayura	354 3 ' 10 "
	3 ' 10 "	Nakra	68	Samyama	tijd		Padma Mayura	355 3 ' 10 "
	3 ' 10 "	Baka	406	Hrdaye	55 '		Nakra	68 3 ' 10 "
	4 '	Supta Vajra	124				Baka	406 3 ' 10 "
							Supta Vajra	124 4 '
							10 Asana's per dag naar behoefte	
Les 99	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd
				Bhastrika	72/288/144/288		Ekahasta Bhuja	344 1 ' 50 "
				Mudra			Dvihasta Bhuja	345 1 ' 50 "
	3 ' 20 "	Mayura	354	Vajroli			Adhomukha Vrksa	359 1 ' 50 "
	3 ' 20 "	Padma Mayura	355				Mayura	354 3 ' 20 "
	3 ' 20 "	Nakra	68	Samyama	tijd		Padma Mayura	355 3 ' 20 "
	3 ' 20 "	Baka	406	Pararthat Svartha	55 '	Y.S. III 36	Nakra	68 3 ' 20 "
	4 ' 10 "	Supta Vajra	124				Baka	406 3 ' 20 "
							Supta Vajra	124 4 ' 10 "
							10 Asana's per dag naar behoefte	
Les 100	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd

			Bhastrika	72/288/144/288		Ekahasta Bhujā	344	2'	
			Mudra			Dvihasta Bhujā	345	2'	
3' 30"	Mayura	354	Vajroli			Adhomukha Vrksa	359	2'	
3' 30"	Padma Mayura	355				Mayura	354	3' 30"	
3' 30"	Nakra	68	Samyama	tijd		Padma Mayura	355	3' 30"	
3' 30"	Baka	406	Pararthat Svartha	55'		Nakra	68	3' 30"	
4' 20"	Supta Vajra	124				Baka	406	3' 30"	
						Supta Vajra	124	4' 20"	
						10 Asana's per dag naar behoefte			
Les 101	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd	
				Bhramari	72/288/144/288		Ekahasta Bhujā	344	2' 10"
				Mudra			Dvihasta Bhujā	345	2' 10"
3' 30"	Tada	1	Sahajoli			Adhomukha Vrksa	359	2' 10"	
3' 30"	Vrksa	2				Tada	1	3' 30"	
3' 40"	Utthita Trikona	4	Samyama	tijd		Vrksa	2	3' 30"	
4'	Utthita Parsvakona	8	Bandha Karana	55'	Y.S. III 39	Utthita Trikona	4	3' 40"	
						Utthita Parsvakona	8	4'	
						10 Asana's per dag naar behoefte			
Les 102	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd	
				Bhramari	72/288/144/288		Ekahasta Bhujā	344	2' 20"
				Mudra			Dvihasta Bhujā	345	2' 20"
4'	Virabhadra I	14	Sahajoli			Adhomukha Vrksa	359	2' 20"	
4'	Virabhadra II	15				Virabhadra I	14	4'	
4'	Parsvottan	26	Samyama	tijd		Virabhadra II	15	4'	
			Bandha Karana	55'		Parsvottan	26	4'	
						10 Asana's per dag naar behoefte			
Les 103	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref. tijd	
				Murca	72/288/144/288		Ekahasta Bhujā	344	2' 30"
				Mudra			Dvihasta Bhujā	345	2' 30"
12' 10"	Salamba Sarvanga I	223	Amaroli			Adhomukha Vrksa	359	2' 30"	
12' 20"	Hala	244				Salamba Sarvanga I	223	12' 10"	
			Samyama	tijd		Hala	244	12' 20"	
			Udana	55'	Y.S. III 40	10 Asana's per dag naar behoefte			

Les 104	tijd	Asana	ref	Pranayama Murca	ritme 72/288/144/288	Theorie	Asana's thuis Ekahasta Bhujā Dvihasta Bhujā Adhomukha Vrksa Sava Parivritta Trikona Prasarita Padottan I 10 Asana's per dag naar behoefte	ref. tijd 344 2 ' 40 " 345 2 ' 40 " 359 2 ' 40 " 592 12 ' 20 " 6 3 ' 10 " 33 3 ' 30 "
	12 ' 20 "	Sava	592	Mudra Amaroli				
	3 ' 10 "	Parivritta Trikona	6					
	3 ' 30 "	Prasarita Padottan I	33	Samyama Udana	tijd 55 '			
Les 105	tijd	Asana	ref	Pranayama Plavini	ritme 72/288/144/288	Theorie	Asana's thuis Ekahasta Bhujā Dvihasta Bhujā Adhomukha Vrksa Urdhva Prasarita Pada Paripurna Nava Ardha Nava Virabhadrasana III 10 Asana's per dag naar behoefte	ref. tijd 344 2 ' 50 " 345 2 ' 50 " 359 2 ' 50 " 276 4 ' 78 3 ' 10 " 79 3 ' 10 " 17 3 ' 10 "
	4 '	Urdhva Prasarita Pada	276	Mudra Sakti Calana				
	3 ' 10 "	Paripurna Nava	78					
	3 ' 10 "	Ardha Nava	79	Samyama	tijd			
	3 ' 10 "	Virabhadrasana III	17	Samana	55 '	Y.S. III 41		
Les 106	tijd	Asana	ref	Pranayama Plavini	ritme 72/288/144/288	Theorie	Asana's thuis Ekahasta Bhujā Dvihasta Bhujā Adhomukha Vrksa Ardha Chandra Parivritta Parsvakona Parigha 10 Asana's per dag naar behoefte	ref. tijd 344 3 ' 345 3 ' 359 3 ' 19 3 ' 10 " 10 3 ' 10 " 39 3 ' 10 "
	3 ' 10 "	Ardha Chandra	19	Mudra Sakti Calana				
	3 ' 10 "	Parivritta Parsvakona	10					
	3 ' 10 "	Parigha	39	Samyama Samana	tijd 55 '			
Les 107	tijd	Asana	ref	Pranayama Surya	ritme 76/304/152/304	Theorie	Asana's thuis Karnapida Ekapada Sarvanga 10 Asana's per dag naar behoefte	ref. tijd 246 11 ' 250 10 ' 50 "
	11 '	Karnapida	246	Mudra Maha				
	10 ' 50 "	Ekapada Sarvanga	250					
				Samyama Srotra Akashayoh	tijd 55 '	Y.S. III 42		

Les 108	tijd 9 ' 50 "	Asana Jatara Parivartan	ref 275	Pranayama Surya	ritme 76/304/152/304	Theorie	Asana's thuis Jatara Parivartan 10 Asana's per dag naar behoefte	ref. tijd 275 9 ' 50 "
				Mudra Maha				
				Samyama Srotra Akashayoh	tijd 55 '			
Les 109	tijd 10 ' 5 ' 20 " 5 ' 40 " 5 ' 40 "	Asana Salamba Sirsa I Uttan Salabha Dhanura	ref 184 48 60 63	Pranayama Ujjayi Mudra Maha Bandha	ritme 76/304/152/304	Theorie	Asana's thuis Salamba Sirsa I Uttan Salabha Dhanura 10 Asana's per dag naar behoefte	ref. tijd 184 10 ' 48 5 ' 20 " 60 5 ' 40 " 63 5 ' 40 "
				Samyama Kaya Akashayoh	tijd 55 '	Y.S. III 43		
Les 110	tijd 3 ' 10 " 3 ' 10 " 10 ' 10 "	Asana Bhujang I Supta Kona Parsva Hala	ref 73 247 249	Pranayama Ujjayi Mudra Maha Bandha	ritme 76/304/152/304	Theorie	Asana's thuis Bhujang I Supta Kona Parsva Hala 10 Asana's per dag naar behoefte	ref. tijd 73 3 ' 10 " 247 3 ' 10 " 249 10 ' 10 "
				Samyama Kaya Akashayoh	tijd 55 '			
Les 111	tijd 4 ' 10 " 3 ' 10 " 9 ' 40 "	Asana Janusirsa Danda Paschimottan	ref 127 77 160	Pranayama Sitkari Mudra Maha Vedha	ritme 76/304/152/304	Theorie	Asana's thuis Janusirsa Danda Paschimottan 10 Asana's per dag naar behoefte	ref. tijd 127 4 ' 10 " 77 3 ' 10 " 160 9 ' 40 "
				Samyama Sthula Svarupa	tijd 55 '	Y.S. III 45		

Les 112	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 10 "	Utkata	42	Sitkari	76/304/152/304		Utkata	42	3 ' 10 "
	3 ' 50 "	Ustra	41				Ustra	41	3 ' 50 "
	3 ' 10 "	Chaturanga Danda	67	Mudra			Chaturanga Danda	67	3 ' 10 "
	3 ' 10 "	Adho Mukha Svana	75	Maha Vedha			Adho Mukha Svana	75	3 ' 10 "
	3 ' 10 "	Urdhva Mukha Svana	74				Urdhva Mukha Svana	74	3 ' 10 "
				Samyama	tijd		10 Asana's per dag naar behoefte		
				Sthula Svarupa	55 '				
Les 113	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 50 "	Vira	89	Sitali	76/304/152/304		Vira	89	3 ' 50 "
	9 ' 50 "	Parsvaikapada Sarvanga	251				Parsvaikapada Sarvanga	251	9 ' 50 "
				Mudra			10 Asana's per dag naar behoefte		
				Khecari					
				Samyama	tijd				
				Grahana Svarupa	55 '	Y.S. III 48			
Les 114	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 ' 20 "	Ekapada Sirsa	208	Sitali	76/304/152/304		Ekapada Sirsa	208	7 ' 20 "
	9 ' 20 "	Salamba Sarvanga II	235				Salamba Sarvanga II	235	9 ' 20 "
				Mudra			10 Asana's per dag naar behoefte		
				Khecari					
				Samyama	tijd				
				Grahana Svarupa	55 '				
Les 115	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	9 ' 20 "	Niralamba Sarvanga I	236	Bhastrika	76/304/152/304		Niralamba Sarvanga I	236	9 ' 20 "
	9 ' 20 "	Niralamba Sarvanga II	237				Niralamba Sarvanga II	237	9 ' 20 "
				Mudra			10 Asana's per dag naar behoefte		
				Uddiyana Bandha					
				Samyama	tijd				
				Sattva Purusha	55 '	Y.S. III 50			
Les 116	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd

	3 ' 10 "	Chakra	280	Bhastrika	76/304/152/304		Chakra	280	3 ' 10 "
	3 ' 20 "	Triangmukhaikapada Paschimottan	139				Triangmukhaikapada Paschimottan	139	3 ' 20 "
	4 ' 30 "	Ardha Baddha Padma Paschimottan	135	Mudra			Ardha Baddha Padma Paschimottan	135	4 ' 30 "
				Uddiyana Bandha			10 Asana's per dag naar behoefte		
				Samyama	tijd				
				Sattva Purusha	55 '				
Les 117	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	4 ' 30 "	Marichy I	144	Bhramari	76/304/152/304		Marichy I	144	4 ' 30 "
	3 ' 10 "	Marichy II	146				Marichy II	146	3 ' 10 "
	3 ' 10 "	Ubhaya Padangustha	167	Mudra			Ubhaya Padangustha	167	3 ' 10 "
	3 ' 10 "	Urdhva Mukha Paschimottan I	168	Mula Bandha			Urdhva Mukha Paschimottan I	168	3 ' 10 "
	3 ' 10 "	Bharadwaja I	297				Bharadwaja I	297	3 ' 10 "
	3 ' 10 "	Bharadwaja II	299	Samyama	tijd		Bharadwaja II	299	3 ' 10 "
				Tad Vairagyat	55 '	Y.S. III 51	10 Asana's per dag naar behoefte		
Les 118	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	3 ' 10 "	Lola	83	Bhramari	76/304/152/304		Lola	83	3 ' 10 "
	3 ' 10 "	Gomukha	80				Gomukha	80	3 ' 10 "
	3 ' 10 "	Simha I	109	Mudra			Simha I	109	3 ' 10 "
	3 ' 10 "	Tola	108	Mula Bandha			Tola	108	3 ' 10 "
	3 ' 10 "	Supta Vira	96				Supta Vira	96	3 ' 10 "
	3 ' 10 "	Paryanka	97	Samyama	tijd		Paryanka	97	3 ' 10 "
				Tad Vairagyat	55 '		10 Asana's per dag naar behoefte		
Les 119	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	8 ' 50 "	Marichy III	303	Murca	76/304/152/304		Marichy III	303	8 ' 50 "
	8 ' 50 "	Ardha Matsyendra I	311				Ardha Matsyendra I	311	8 ' 50 "
				Mudra			10 Asana's per dag naar behoefte		
				Jala Bandha					
				Samyama	tijd				
				Kshana	55 '	Y.S. III 53			
Les 120	tijd	Asana	ref	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	7 ' 50 "	Urdhva Padma in Sirsa	211	Murca	76/304/152/304		Urdhva Padma in Sirsa	211	7 ' 50 "

7 ' 20 " Pinda in Sirsa

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Mudra
Jala Bandha

Samyama tijd
Kshana 55 '

Pinda in Sirsa
10 Asana's per dag naar behoefte

218 7 ' 20 "

Hierna

Alle Asana's elk tot 3 uur en 20 '
langzaam opvoeren naar behoefte

nadruk op
Kevala Kumbhaka

Nirbija Samadhi

