

Raja Yoga Limmen

Lesrooster

Basislessen

-De fysieke houdingen (Asana's) staan hieronder weergegeven in het Sanskriet. Deze taal is veel krachtiger dan het Nederlands.

-Voor visuele weergave van de oefening is het boek Hatha Yoga Pradipika van B.K.S. Iyengar (Licht op Yoga) sterk aan te raden. Het referentie nummer achter de oefening correspondeert met de plaatjesnummer van het boek

-Verdere naslag werk t.a.v. de mentale oefeningen (praktijk/theorie) kun je vinden op de website www.rajayogalimmen.nl/yogaoefening

Les	1	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
			Namaskar		stille oefening	sanskriet	Namaskar		
			Tada	1		hulp	Tada	1	
			Vrksa	2	tijd		Vrksa	2	
			Utthita Trikona	4	15'		Utthita Trikona	4	
			Utthita Parsvakona	8			Utthita Parsvakona	8	
			Sukha				Sukha		
Les	2	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
			Virabhadra I	14	stille oefening	spierpijn?	Virabhadra I	14	
			Virabhadra II	15		hulp	Virabhadra II	15	
			Parsvottan	26	tijd	gunas(oer-elementen)	Parsvottan	26	
			Salamba Sarvanga I	223	15'		Salamba Sarvanga I	223	
			Hala	244			Hala	244	
			Sava	592			Sava	592	
		10 "	Sukha				Sukha		10 "
Les	3	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
		10 "	Namaskar		stille oefening	spierpijn?	Namaskar		10 "
		10 "	Tada	1		hulp	Tada	1	10 "
		10 "	Vrksa	2	tijd		Vrksa	2	10 "
		10 "	Utthita Trikona	4	15'		Utthita Trikona	4	10 "
		10 "	Utthita Parsvakona	8			Utthita Parsvakona	8	10 "
		20 "	Sukha				Sukha		20 "
Les	4	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
		10 "	Virabhadra I	14	lager/hoger	lager/hoger	Virabhadra I	14	10 "
		10 "	Virabhadra II	15		(sharira)	Virabhadra II	15	10 "
		10 "	Parsvottan	26	tijd		Parsvottan	26	10 "
		10 "	Salamba Sarvanga I	223	15'		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
		20 "	Namaskar		lager/hoger		Namaskar		20 "
		20 "	Tada	1			Tada	1	20 "
		20 "	Vrksa	2	tijd		Vrksa	2	20 "

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20 "	Utthita Trikona	4
20 "	Utthita Parsvakona	8
20 "	Virabhadra I	14
20 "	Virabhadra II	15
40 "	Sukha	

15 '

Utthita Trikona	4	20 "
Utthita Parsvakona	8	20 "
Virabhadra I	14	20 "
Virabhadra II	15	20 "
Sukha		40 "

Les 6	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
		Parivritta trikona	6	lager/hoger	asana flow	Parivritta trikona	6	
	20 "	Parsvottan	26			Parsvottan	26	20 "
		Prasarita Padottan I	33	tijd		Prasarita Padottan I	33	
	20 "	Salamba Sarvanga I	223	15 '		Salamba Sarvanga I	223	20 "
	20 "	Hala	244			Hala	244	20 "
	20 "	Sava	592			Sava	592	20 "
	50 "	Sukha				Sukha		50 "

Les 7	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	30 "	Namaskar		dharana op nada	dharana op nada	Namaskar		30 "
	30 "	Tada	1			Tada	1	30 "
	30 "	Vrksa	2	tijd		Vrksa	2	30 "
	30 "	Utthita Trikona	4	15 '		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						

Les 8	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	10 "	Parivritta trikona	6	dharana op nada	dubbele helix	Parivritta trikona	6	10 "
	30 "	Parsvottan	26			Parsvottan	26	30 "
	10 "	Prasarita Padottan I	33	tijd		Prasarita Padottan I	33	10 "
	30 "	Salamba Sarvanga I	223	15 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	40 "	Namaskar		dharana op nada		Namaskar		40 "
	40 "	Tada	1			Tada	1	40 "
	40 "	Vrksa	2	tijd		Vrksa	2	40 "
	40 "	Utthita Trikona	4	15 '		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 "

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40 "	Parsvottan	26			Parsvottan	26	40 "
1 ' 20 "	Sukha				Sukha		1 ' 20 "
Les 10 tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
20 "	Prasarita Padottan I	33	dharana op nada	intentie	Prasarita Padottan I	33	20 "
	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	
	Paripurna Nava	78	tijd		Paripurna Nava	78	
	Ardha Nava	79	15 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
50 "	Namaskar		dharana op nada	intentie	Namaskar		50 "
50 "	Tada	1			Tada	1	50 "
50 "	Vrksa	2	tijd		Vrksa	2	50 "
50 "	Utthita Trikona	4	15 '		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 ' 40 "
Les 12 tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
30 "	Prasarita Padottan I	33	dharana op nada	intentie	Prasarita Padottan I	33	30 "
10 "	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	10 "
10 "	Paripurna Nava	78	tijd		Paripurna Nava	78	10 "
10 "	Ardha Nava	79	15 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
1 '	Namaskar		aum 2 ^{de} zit	aum	Namaskar		1 '
1 '	Tada	1			Tada	1	1 '
1 '	Vrksa	2	tijd		Vrksa	2	1 '
1 '	Utthita Trikona	4	15 '		Utthita Trikona	4	1 '
1 '	Utthita Parsvakona	8			Utthita Parsvakona	8	1 '
1 '	Virabhadra I	14			Virabhadra I	14	1 '
1 '	Virabhadra II	15			Virabhadra II	15	1 '

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40 "	Parivritta trikona	6			Parivritta trikona	6	40 "
Les 14 tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
1 '	Parsvottan	26	aum 1 ^{ste} en 2 ^{de} zit	aum	Parsvottan	26	1 '
40 "	Prasarita Padottan I	33			Prasarita Padottan I	33	40 "
20 "	Urdhva Prasarita Pada	276	tijd		Urdhva Prasarita Pada	276	20 "
20 "	Paripurna Nava	78	15 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
			nada	asana flow	Namaskar		1 '10 "
					Tada	1	1 '10 "
			tijd		Vrksa	2	1 '10 "
			15 '		Utthita Trikona	4	1 '10 "
					Utthita Parsvakona	8	1 '10 "
					Virabhadra I	14	1 '10 "
					Virabhadra II	15	1 '10 "
	Virabhadrasana III	17			Virabhadrasana III	17	
	Ardha Chandra	19			Ardha Chandra	19	
50 "	Parivritta trikona	6			Parivritta trikona	6	50 "
					Parsvottan	26	1 ' 10 "
50 "	Prasarita Padottan I	33			Prasarita Padottan I	33	50 "
	Prasarita Padottan II	35			Prasarita Padottan II	35	
30 "	Urdhva Prasarita Pada	276			Urdhva Prasarita Pada	276	30 "
30 "	Paripurna Nava	78			Paripurna Nava	78	30 "
30 "	Ardha Nava	79			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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
			nada	mentale voorbereiding	Namaskar		1 ' 20 "
					Tada	1	1 ' 20 "
					Vrksa	2	1 ' 20 "
					Utthita Trikona	4	1 ' 20 "
			tijd		Utthita Parsvakona	8	1 ' 20 "
			20 '		Virabhadra I	14	1 ' 20 "
					Virabhadra II	15	1 ' 20 "

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10 "	Virabhadrasana III	17
10 "	Ardha Chandra	19
1 '	Parivritta trikona	6
	Parivritta Parsvakona	10
10 "	Prasarita Padottan II	35
	Parigha	39
40 "	Urdhva Prasarita Pada	276
2 ' 20 "	Sukha	

Les 17 tijd	Asana	ref.	Praktijk	Theorie
40 "	Paripurna Nava	78	nada	
40 "	Ardha Nava	79		
			tijd	
			20 '	
	Karnapida	246		
	Ekapada Sarvanga	250		
	Jatara Parivartan	274		
2 ' 30 "	Sukha			

Les 18 tijd	Asana	ref.	Praktijk	Theorie
			nada	
			tijd	
			20 '	
20 "	Virabhadrasana III	17		
20 "	Ardha Chandra	19		
10 "	Parivritta Parsvakona	10		
20 "	Prasarita Padottan II	35		
10 "	Parigha	39		
50 "	Urdhva Prasarita Pada	276		
2 ' 40 "	Sukha			

Les 19 tijd	Asana	ref.	Praktijk	Theorie
50 "	Paripurna Nava	78	nada	

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Virabhadrasana III	17	10 "
Ardha Chandra	19	10 "
Parivritta trikona	6	1 '
Parivritta Parsvakona	10	
Parsvottan	26	1 ' 20 "
Prasarita Padottan I	33	1 '
Prasarita Padottan II	35	10 "
Parigha	39	
Urdhva Prasarita Pada	276	40 "
Sukha		2 ' 20 "

Asana's thuis	ref.	tijd
Paripurna Nava	78	40 "
Anahata Chakra Ardha Nava	79	40 "
Salamba Sarvanga I	223	1 ' 20 "
Hala	244	1 ' 20 "
Karnapida	246	
Ekapada Sarvanga	250	
Jatara Parivartan	274	
Sava	592	1 ' 20 "
Sukha		2 ' 30 "

Asana's thuis	ref.	tijd
Namaskar		1 ' 30 "
Tada	1	1 ' 30 "
Vrksa	2	1 ' 30 "
Utthita Trikona	4	1 ' 30 "
Utthita Parsvakona	8	1 ' 30 "
Virabhadra I	14	1 ' 30 "
Virabhadra II	15	1 ' 30 "
Virabhadrasana III	17	20 "
Ardha Chandra	19	20 "
Parivritta trikona	6	1 ' 10 "
Parivritta Parsvakona	10	10 "
Parsvottan	26	1 ' 30 "
Prasarita Padottan I	33	1 ' 10 "
Prasarita Padottan II	35	20 "
Parigha	39	10 "
Urdhva Prasarita Pada	276	50 "
Sukha		2 ' 40 "

Asana's thuis	ref.	tijd
Ardha Nava	79	50 "

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10 "	Karnapida	246
10 "	Ekapada Sarvanga	250
10 "	Jatara Parivartan	274
2 ' 50 "	Sukha	

tijd
20 '

Salamba Sarvanga I	223	1 ' 30 "
Hala	244	1 ' 30 "
Karnapida	246	10 "
Ekapada Sarvanga	250	10 "
Jatara Parivartan	274	10 "
Sava	592	1 ' 30 "
Sukha		2 ' 50 "

Les 20 tijd	Asana	ref.
20 "	Parivritta Parsvakona	10
30 "	Virabhadrasana III	17
30"	Ardha Chandra	19
30 "	Prasarita Padottan II	35
	Padangustha	44
	Padahasta	46
3 '	Sukha	

Praktijk
nada

tijd
20 '

Theorie
8 stappen

Asana's thuis	ref.	tijd
Namaskar		1 ' 40 "
Tada	1	1 ' 40 "
Vrksa	2	1 ' 40 "
Utthita Trikona	4	1 ' 40 "
Parivritta trikona	6	1 ' 20 "
Utthita Parsvakona	8	1 ' 40 "
Parivritta Parsvakona	10	20 "
Virabhadra I	14	1 ' 40 "
Virabhadra II	15	1 ' 40 "
Virabhadrasana III	17	30 "
Ardha Chandra	19	30"
Parsvottan	26	1 ' 40 "
Prasarita Padottan I	33	1 ' 40 "
Prasarita Padottan II	35	30 "
Padangustha	44	
Padahasta	46	
Sukha		3 '

Les 21 tijd	Asana	ref.
20 "	Uttan	48
20 "	Parigha	39
1 '	Urdhva Prasarita Pada	276
1 '	Paripurna Nava	78
1 '	Ardha Nava	79
20 "	Karnapida	246
20 "	Ekapada Sarvanga	250
20 "	Jatara Parivartan	274
3 ' 10 "	Sukha	

Praktijk
neti

tijd
20 '

Theorie

Asana's thuis	ref.	tijd
Uttan	40	
Parigha	39	20 "
Urdhva Prasarita Pada	276	1 '
Paripurna Nava	78	1 '
Ardha Nava	79	1 '
Salamba Sarvanga I	223	1 ' 40 "
Hala	244	1 ' 40 "
Karnapida	246	20 "
Ekapada Sarvanga	250	20 "
Jatara Parivartan	274	20 "
Sava	592	1 ' 40 "
Sukha		3 ' 10 "

Les 22 tijd	Asana	ref.

Praktijk
neti

Theorie

Asana's thuis	ref.	tijd
Namaskar		1 ' 50 "

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tijd
20 '

30 " Parivritta Parsvakona 10

40 " Virabhadrasana III 17

40" Ardha Chandra 19

40 " Prasarita Padottan II 35

10 " Padangustha 44

10 " Padahasta 46

3 ' 20 " Sukha

Les 23 tijd **Asana** ref.

10 " Uttan 48

30 " Parigha 39

Praktijk
dhauti

Theorie

tijd
20 '

30 " Karnapida 246

30 " Ekapada Sarvanga 250

30 " Jatara Parivartan 274

3 ' 30 " Sukha

Les 24 tijd **Asana** ref.

40 " Parivritta Parsvakona 10

50 " Virabhadrasana III 17

50" Ardha Chandra 19

Praktijk
dhauti

Theorie
yama/niyama

tijd
20 '

Tada 1 1 ' 50 "

Vrksa 2 1 ' 50 "

Utthita Trikona 4 1 ' 50 "

Parivritta trikona 6 1 ' 30 "

Utthita Parsvakona 8 1 ' 50 "

Parivritta Parsvakona 10 30 "

Virabhadra I 14 1 ' 50 "

Virabhadra II 15 1 ' 50 "

Virabhadrasana III 17 40 "

Ardha Chandra 19 40"

Parsvottan 26 1 ' 50 "

Prasarita Padottan I 33 1 ' 50 "

Prasarita Padottan II 35 40 "

Padangustha 44 10 "

Padahasta 46 10 "

Sukha 3 ' 20 "

Asana's thuis ref. tijd

Uttan 48 10 "

Parigha 39 30 "

Urdhva Prasarita Pada 276 1 ' 10 "

Paripurna Nava 78 1 ' 10 "

Ardha Nava 79 1 ' 10 "

Salamba Sarvanga I 223 1 ' 50 "

Hala 244 1 ' 50 "

Karnapida 246 30 "

Ekapada Sarvanga 250 30 "

Jatara Parivartan 274 30 "

Sava 592 1 ' 50 "

Sukha 3 ' 30 "

Asana's thuis ref. tijd

Namaskar 2 '

Tada 1 2 '

Vrksa 2 2 '

Utthita Trikona 4 2 '

Parivritta trikona 6 1 ' 40 "

Utthita Parsvakona 8 2 '

Parivritta Parsvakona 10 40 "

Virabhadra I 14 2 '

Virabhadra II 15 2 '

Virabhadrasana III 17 50 "

Ardha Chandra 19 50"

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	50 "	Prasarita Padottan II	35					Parsvottan	26	2 '
	20 "	Padangustha	44					Prasarita Padottan I	33	2 '
	3 ' 40 "	Sukha						Prasarita Padottan II	35	50 "
								Padangustha	44	20 "
								Sukha		3 ' 40 "
Les 25	tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd		
	20 "	Padahasta	46	nauli	yama / niyama	Padahasta	46	20 "		
	20 "	Uttan	48			Uttan	48	20 "		
	40 "	Parigha	39	tijd		Parigha	39	40 "		
				20 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd		
		Salamba Sirsa I	184	nauli	yama / niyama	Namaskar		2 ' 10 "		
				tijd		Salamba Sirsa I	184			
				20 '		Tada	1	2 ' 10 "		
						Vrksa	2	2 ' 10 "		
						Utthita Trikona	4	2 ' 10 "		
						Parivritta trikona	6	1 ' 50 "		
						Utthita Parsvakona	8	2 ' 10 "		
	50 "	Parivritta Parsvakona	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 '		

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Les 27 tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	Dhanura	63	vasti	yama / niyama	Dhanura	63	
	Bhujang I	73			Bhujang I	73	
			tijd		Urdhva Prasarita Pada	276	1 ' 30 "
			20 '		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	
					Sava	592	2 ' 10 "
4 ' 10 "	Sukha				Sukha		4 ' 10 "
Les 28 tijd	Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
			vasti	yama / niyama	Namaskar		2 ' 20 "
10 "	Salamba Sirsa I	184			Salamba Sirsa I	184	10 "
			tijd		Tada	1	2 ' 20 "
			20 '		Vrksa	2	2 ' 20 "
					Utthita Trikona	4	2 ' 20 "
					Parivritta trikona	6	2 '
					Utthita Parsvakona	8	2 ' 20 "
1 '	Parivritta Parsvakona	10			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.	Praktijk	Theorie	Asana's thuis	ref.	tijd

Raja Yoga Limmen**Lesrooster****Basislessen**

4 ' 40 " Sukha

Sukha

4 ' 40 "

Les	tijd	Asana	ref.	Praktijk	Theorie
31	20 "	Bhujang I	73	trataka	
		Urdhva Mukha Svana	74		
		Adho Mukha Svana	75	tijd	
		Vira	89	20 '	
	20 "	Supta Kona	247		
		Parsva Hala	249		
		Parsvaikapada Sarvanga	251		
	20 "	Janusirsa	127		
	20 "	Paschimottan	160		
		Purvottan	171		
		Siddha	84		
	4 ' 50 "	Sukha			
32	30 "	Salamba Sirsa I	184	trataka	hatha yoga
				tijd	
				20 '	
	1 '	Padangustha	44		
	1 '	Padahasta	46		

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 "
Janusirsa	127	20 "
Paschimottan	160	20 "
Purvottan	171	
Sava	592	2 ' 30 "
Siddha	84	
Sukha		4 ' 50 "
Namaskar		2 ' 40 "
Salamba Sirsa I	184	30 "
Tada	1	2 ' 40 "
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 "
Padangustha	44	1 '
Padahasta	46	1 '

Raja Yoga Limmen

1 '	Uttan	48
10 "	Urdhva Prasarita Ekapada	49
10 "	Utkata	42
10 "	Ustra	41
30 "	Salabha	60
30 "	Dhanura	63
10 "	Chaturanga Danda	67
30 "	Bhujang I	73
10 "	Urdhva Mukha Svana	74
5 '	Sukha	

Lesrooster

Les 33 tijd	Asana	ref.
10 "	Adho Mukha Svana	75
10 "	Vira	89
30 "	Supta Kona	247
10 "	Parsva Hala	249
10 "	Parsvaikapada Sarvanga	251
30 "	Janusirsa	127
30 "	Paschimottan	160
10 "	Purvottan	171
10 "	Siddha	84
5 ' 10 "	Sukha	

Praktijk	Theorie
kapalabati	pranayama
tijd 20 '	

Basislessen

Uttan	48	1 '
Urdhva Prasarita Ekapada	49	10 "
Utkata	42	10 "
Parigha	39	1 ' 20 "
Ustra	41	10 "
Salabha	60	30 "
Dhanura	63	30 "
Chaturanga Danda	67	10 "
Bhujang I	73	30 "
Urdhva Mukha Svana	74	10 "
Sukha		5 '

Asana's thuis	ref.	tijd
Adho Mukha Svana	75	10 "
Vira	89	10 "
Salamba Sarvanga I	223	2 ' 40 "
Hala	244	2 ' 40 "
Karnapida	246	1 ' 20 "
Supta Kona	247	30 "
Parsva Hala	249	10 "
Ekapada Sarvanga	250	1 ' 30 "
Parsvaikapada Sarvanga	251	10 "
Jatara Parivartan	274	1 ' 20 "
Urdhva Prasarita Pada	276	2 '
Paripurna Nava	78	2 '
Ardha Nava	79	2 '
Janusirsa	127	30 "
Paschimottan	160	30 "
Purvottan	171	10 "
Sava	592	2 ' 40 "
Siddha	84	10 "
Sukha		5 ' 10 "

Les 34 tijd	Asana	ref.
40 "	Salamba Sirsa I	184

Praktijk	Theorie
kapalabati	pranayama
tijd 20 '	

Asana's thuis	ref.	tijd
Namaskar		2 ' 50 "
Tada	1	2 ' 50 "
Vrksa	2	2 ' 50 "
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 "

Raja Yoga Limmen

Lesrooster

Basislessen

20 "	Urdhva Prasarita Ekapada	49
20 "	Utkata	42
20 "	Ustra	41
40 "	Salabha	60
40 "	Dhanura	63
20 "	Chaturanga Danda	67
40 "	Bhujang I	73
5 ' 20 "	Sukha	

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 "
Urdhva Prasarita Ekapada	49	20 "
Utkata	42	20 "
Parigha	39	1 ' 30 "
Ustra	41	20 "
Salabha	60	40 "
Dhanura	63	40 "
Chaturanga Danda	67	20 "
Bhujang I	73	40 "
Sukha		5 ' 20 "

Les 35 tijd	Asana	ref.	Praktijk	Theorie
20 "	Urdhva Mukha Svana	74	nadi sodhana	
20 "	Adho Mukha Svana	75	12/48/24/48	
20 "	Vira	89		
			tijd	
			20 '	
40 "	Supta Kona	247		
20 "	Parsva Hala	249		
20 "	Parsvaikapada Sarvanga	251		
40 "	Janusirsa	127		
20 "	Danda	77		
40 "	Paschimottan	160		
20 "	Purvottan	171		
20 "	Siddha	84		
5 ' 30 "	Sukha			

Asana's thuis	ref.	tijd
Urdhva Mukha Svana	74	20 "
Adho Mukha Svana	75	20 "
Vira	89	20 "
Salamba Sarvanga I	223	2 ' 50 "
Hala	244	2 ' 50 "
Karnapida	246	1 ' 30 "
Supta Kona	247	40 "
Parsva Hala	249	20 "
Ekapada Sarvanga	250	1 ' 40 "
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 "
Janusirsa	127	40 "
Danda	77	20 "
Paschimottan	160	40 "
Purvottan	171	20 "
Sava	592	2 ' 50 "
Siddha	84	20 "
Sukha		5 ' 30 "

Les 36 tijd	Asana	ref.	Praktijk	Theorie
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Asana's thuis	ref.	tijd
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Raja Yoga Limmen**Lesrooster****Basislessen**

			nadi sodhana		Namaskar		2 ' 50 "
40 "	Salamba Sirsa I	184			Salamba Sirsa I	184	40 "
	Parsva Sirsa	202	tijd		Parsva Sirsa	202	
	Ekapada Sirsa	208	20 '		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 "
5 ' 40 "	Sukha				Urdhva Prasarita Pada	276	2 ' 20 "
					Sukha		5 ' 40 "
Les 37	tijd Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	Chakra	280	nadi sodhana		Jatara Parivartan	275	1 ' 40 "
			tijd		Chakra	280	
			20 '		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.	Praktijk	Theorie	Asana's thuis	ref.	tijd
50 "	Bhujang I	73	nadi sodhana		Bhujang I	73	50 "
30 "	Urdhva Mukha Svana	74			Urdhva Mukha Svana	74	30 "
30 "	Adho Mukha Svana	75	tijd		Adho Mukha Svana	75	30 "
50 "	Janusirsa	127	20 '		Janusirsa	127	50 "
	Triangmukhaikapada Paschi	139			Triangmukhaikapada Paschi	139	
	Ardha Baddha Padma Paschi	135			Ardha Baddha Padma Paschi	135	
	Marichy I	144			Marichy I	144	
	Marichy II	146			Marichy II	146	
5 ' 50 "	Sukha				Sukha		5 ' 50 "
Les 39	tijd Asana	ref.	Praktijk	Theorie	Asana's thuis	ref.	tijd
	Ubhaya Padangustha	167	nadi sodhana		Ubhaya Padangustha	167	

Raja Yoga Limmen

	Urdhva Mukha Paschimottan I	168
30 "	Danda	77
50 "	Paschimottan	160
30 "	Purvottan	171
	Bharadwaja I	297
	Bharadwaja II	299
	Mala I	321
	Baddha Kona	102
30 "	Siddha	84
6 '	Sukha	

Lesrooster

tijd
20 '

Les 40 tijd

Asana	ref.	Praktijk	Theorie
		nadi sodhana	
50 "	Salamba Sirsa I	184	
10 "	Parsva Sirsa	202	tijd
10 "	Ekapada Sirsa	208	20 '
10 "	Salamba Sarvanga II	235	
10 "	Niralamba Sarvanga I	236	
10 "	Niralamba Sarvanga II	237	
1 '	Supta Kona	247	
40 "	Parsva Hala	249	
6 ' 10 "	Sukha		

Basislessen

Urdhva Mukha Paschimottan I	168	
Danda	77	30 "
Paschimottan	160	50 "
Purvottan	171	30 "
Bharadwaja I	297	
Bharadwaja II	299	
Mala I	321	
Baddha Kona	102	
Siddha	84	30 "
Sava	592	3 '
Sukha		6 '

Asana's thuis

Asana's thuis	ref.	tijd
Namaskar		3 '
Salamba Sirsa I	184	50 "
Parsva Sirsa	202	10 "
Ekapada Sirsa	208	10 "
Salamba Sarvanga I	223	3 '
Salamba Sarvanga II	235	10 "
Niralamba Sarvanga I	236	10 "
Niralamba Sarvanga II	237	10 "
Hala	244	3 ' 10 "
Karnapida	246	1 ' 50 "
Supta Kona	247	1 '
Parsva Hala	249	40 "
Sukha		6 ' 10 "