

Raja Yoga Limmen**Lesrooster****Vervolglessen**

-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 en daarbij gratis het te downloaden e-boek Subtiële Anatomie van Phillipe 'Ajita' Barbier

Les 1	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	40 "	Parsvaikapada Sarvanga	251	Surya Bhedana	12/48/24/48	pranayama	Ekapada Sarvanga	250	2 '
	10 "	Chakra	280	Dharana nada	tijd 20 '		Parsvaikapada Sarvanga	251	40 "
	40 "	Utkata	42				Urdhva Prasarita Pada	276	2 ' 30 "
	40 "	Ustra	41				Jatara Parivartan	275	1 ' 50 "
							Chakra	280	10 "
							Paripurna Nava	78	2 ' 30 "
							Ardha Nava	79	2 ' 30 "
							Utkata	42	40 "
							Ustra	41	40 "
Les 2	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	40 "	Vira	89	Surya Bhedana	12/48/24/48		Vira	89	40 "
	1 '	Salabha	60				Salabha	60	1 '
	1 '	Dhanura	63	Dharana nada	tijd 20 '		Dhanura	63	1 '
	40 "	Chaturanga Danda	67				Chaturanga Danda	67	40 "
							Sukha		6 ' 20 "
Les 3	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	1 '	Bhujang I	73	Ujjayi	12/48/24/48		Bhujang I	73	1 '
	40 "	Urdhva Mukha Svana	74				Urdhva Mukha Svana	74	40 "
	40 "	Adho Mukha Svana	75	Dharana nada	tijd 20 '		Adho Mukha Svana	75	40 "
	1 '	Janusirsa	127				Janusirsa	127	1 '
	10 "	Triangmukhaikapada Paschi.	139				Triangmukhaikapada Paschi.	139	10 "
Les 4	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	10 "	Ardha Baddha Padma Paschi.	135	Ujjayi	12/48/24/48		Ardha Baddha Padma Paschi.	135	10 "
	10 "	Marichy I	144				Marichy I	144	10 "
	10 "	Marichy II	146	Dharana nada	tijd 20 '		Marichy II	146	10 "
	10 "	Ubhaya Padangustha	167				Ubhaya Padangustha	167	10 "
	10 "	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168	10 "
	1 '	Paschimottan	160				Paschimottan	160	1 '

Les	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
Les 5	40 "	Purvottan	171	Sitkari	12/48/24/48		Purvottan	171	40 "
	10 "	Bharadwaja I	297	Dharana nada	tijd 20 '		Bharadwaja I	297	10 "
	10 "	Bharadwaja II	299				Bharadwaja II	299	10 "
	10 "	Mala I	321				Mala I	321	10 "
	10 "	Baddha Kona	102				Baddha Kona	102	10 "
	40 "	Siddha	84				Siddha	84	40 "
						Sava	592	3 ' 10 "	
Les 6	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitkari	12/48/24/48		Namaskar		3 ' 10 "
	1 '	Salamba Sirsa I	184	Dharana nada	tijd 20 '		Salamba Sirsa I	184	1 '
	20 "	Parsva Sirsa	202				Parsva Sirsa	202	20 "
	20 "	Ekapada Sirsa	208				Ekapada Sirsa	208	20 "
							Salamba Sarvanga I	223	3 ' 10 "
	20 "	Salamba Sarvanga II	235				Salamba Sarvanga II	235	20 "
	20 "	Niralamba Sarvanga I	236	Niralamba Sarvanga I	236		20 "		
20 "	Niralamba Sarvanga II	237	Niralamba Sarvanga II	237	20 "				
Les 7	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitali	12/48/24/48		Hala	244	3 ' 20 "
				Dharana nada	tijd 20 '		Karnapida	246	2 '
	50 "	Parsva Hala	249				Supta Kona	247	1 ' 10 "
							Parsva Hala	249	50 "
	50 "	Parsvaikapada Sarvanga	251				Ekapada Sarvanga	250	2 ' 10 "
							Parsvaikapada Sarvanga	251	50 "
							Urdhva Prasarita Pada	276	2 ' 40 "
							Jatara Parivartan	275	2 '
	20 "	Chakra	280	Chakra	280		20 "		
				Paripurna Nava	78		2 ' 40 "		
	50 "	Utkata	42	Ardha Nava	79		2 ' 40 "		
	50 "	Ustra	41	Utkata	42		50 "		
50 "	Vira	89	Ustra	41	50 "				
			Vira	89	50 "				
			Salabha	60	1 ' 10 "				
			Dhanura	63	1 ' 10 "				
50 "	Chaturanga Danda	67	Chaturanga Danda	67	50 "				
			Bhujang I	73	1 ' 10 "				

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Les 8	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	50 "	Urdhva Mukha Svana	74	Sitali	12/48/24/48		Urdhva Mukha Svana	74	50 "
	50 "	Adho Mukha Svana	75				Adho Mukha Svana	75	50 "
	20 "	Triangmukhaikapada Paschi.	139	Dharana nada	tijd 20 '		Janusirsa	127	1 ' 10 "
	20 "	Ardha Baddha Padma Paschi.	135				Triangmukhaikapada Paschi.	139	20 "
	20 "	Marichy I	144				Ardha Baddha Padma Paschi.	135	20 "
	20 "	Marichy II	146				Marichy I	144	20 "
							Marichy II	146	20 "
Les 9	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	20 "	Ubhaya Padangustha	167	Bhastrika	12/48/24/48		Ubhaya Padangustha	167	20 "
	20 "	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168	20 "
	50 "	Purvottan	171	Dharana nada	tijd 20 '		Mudra Paschimottan	160	1 ' 10 "
	20 "	Bharadwaja I	297				Purvottan	171	50 "
	20 "	Bharadwaja II	299				Bharadwaja I	297	20 "
	20 "	Mala I	321				Bharadwaja II	299	20 "
	20 "	Baddha Kona	102				Mala I	321	20 "
	50 "	Siddha	84				Baddha Kona	102	20 "
							Siddha	84	50 "
							Sava	592	3 ' 20 "
Les 10	tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
				Bhastrika	12/48/24/48		Namaskar		3 ' 20 "
	30 "	Parsva Sirsa	202	Dharana nada	tijd 20 '		Salamba Sirsa I	184	1 ' 10 "
	30 "	Ekapada Sirsa	208				Parsva Sirsa	202	30 "
	30 "	Salamba Sarvanga II	235				Ekapada Sirsa	208	30 "
	30 "	Niralamba Sarvanga I	236				Salamba Sarvanga I	223	3 ' 20 "
	30 "	Niralamba Sarvanga II	237				Salamba Sarvanga II	235	30 "
							Niralamba Sarvanga I	236	30 "
							Niralamba Sarvanga II	237	30 "
							Hala	244	3 ' 30 "
	1 '	Parsva Hala	249				Karnapida	246	2 ' 10 "
	1 '	Parsvaikapada Sarvanga	251				Supta Kona	247	1 ' 20 "
							Parsva Hala	249	1 '
							Ekapada Sarvanga	250	2 ' 20 "
							Parsvaikapada Sarvanga	251	1 '
							Urdhva Prasarita Pada	276	2 ' 50 "
							Jatara Parivartan	275	2 ' 10 "
	30 "	Chakra	280				Chakra	280	30 "

Les 11 tijd	Asana	ref.	Praktijk Bhramari	ritme 12/48/24/48	Theorie	Asana's thuis	ref.	tijd
						Salabha	60	1 ' 20 "
						Dhanura	63	1 ' 20 "
1 '	Chaturanga Danda	67	Dharana nada	tijd 20 '		Chaturanga Danda	67	1 '
1 '	Urdhva Mukha Svana	74				Bhujang I	73	1 ' 20 "
1 '	Adho Mukha Svana	75				Urdhva Mukha Svana	74	1 '
						Adho Mukha Svana	75	1 '
						Janusirsa	127	1 ' 20 "
30 "	Triangmukhaikapada Paschi.	139				Triangmukhaikapada Paschi.	139	30 "
30 "	Ardha Baddha Padma Paschi.	135				Ardha Baddha Padma Paschi.	135	30 "
30 "	Marichy I	144				Marichy I	144	30 "
30 "	Marichy II	146				Marichy II	146	30 "
						Paschimottan	160	1 ' 20 "
1 '	Purvottan	171				Purvottan	171	1 '
30 "	Ubhaya Padangustha	167				Ubhaya Padangustha	167	30 "
30 "	Urdhva Mukha Paschimottan I	168				Urdhva Mukha Paschimottan I	168	30 "
Les 12 tijd	Asana	ref.	Praktijk Bhramari	ritme 12/48/24/48	Theorie	Asana's thuis	ref.	tijd
	Lola	83				Lola	83	
	Gomukha	80				Gomukha	80	
	Simha I	109	Dharana nada	tijd 20 '		Simha I	109	
	Padma	104				Padma	104	
Les 13 tijd	Asana	ref.	Praktijk Murcha	ritme 12/48/24/48	Theorie	Asana's thuis	ref.	tijd
	Parvata	107				Parvata	107	
	Tola	108				Tola	108	
1 '	Vira	89	Dharana nada	tijd 20 '		Vira	89	1 '
	Supta Vira	96				Supta Vira	96	
	Paryanka	97				Paryanka	97	
1 '	Ustra	41				Ustra	41	1 '
1 '	Utkata	42				Utkata	42	1 '
						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.	Praktijk Murcha	ritme 12/48/24/48	Theorie	Asana's thuis	ref.	tijd
	Marichy III	303				Marichy III	303	
	Ardha Matsyendra I	311				Ardha Matsyendra I	311	

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30 "	Mala I	321
30 "	Baddha Kona	102
1 '	Siddha	84
40 "	Parsva Sirsa	202
40 "	Ekapada Sirsa	208
40 "	Salamba Sarvanga II	235
40 "	Niralamba Sarvanga I	236
40 "	Niralamba Sarvanga II	237

Dharana	tijd
nada	20 '

Mala I	321	30 "
Baddha Kona	102	30 "
Siddha	84	1 '
Sava	592	3 ' 30 "
Namaskar		3 ' 30 "
Salamba Sirsa I	184	1 ' 20 "
Parsva Sirsa	202	40 "
Ekapada Sirsa	208	40 "
Salamba Sarvanga I	223	3 ' 30 "
Salamba Sarvanga II	235	40 "
Niralamba Sarvanga I	236	40 "
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.****Praktijk**
Plavini**ritme**
12/48**Theorie****Asana's thuis****ref.****tijd**

40 "	Chakra	280
40 "	Triangmukhaikapada Paschi.	139
40 "	Ardha Baddha Padma Paschi.	135
1 '	Siddha	84

Dharana	tijd
nada	20 '

Urdhva Prasarita Pada	276	3 '
Jatara Parivartan	275	2 ' 20 "
Chakra	280	40 "
Salabha	60	1 ' 30 "
Dhanura	63	1 ' 30 "
Chaturanga Danda	67	1 ' 10 "
Bhujang I	73	1 ' 30 "
Urdhva Mukha Svana	74	1 ' 10 "
Adho Mukha Svana	75	1 ' 10 "
Janusirsa	127	1 ' 30 "
Triangmukhaikapada Paschi.	139	40 "
Ardha Baddha Padma Paschi.	135	40 "
Siddha	84	1 '

Les 16 tijd**Asana****ref.****Praktijk**
Plavini**ritme**
12/48**Theorie****Asana's thuis****ref.****tijd**

40 "	Marichy I	144
40 "	Marichy II	146
40 "	Ubhaya Padangustha	167

Dharana	tijd
nada	20 '

Marichy I	144	40 "
Marichy II	146	40 "
Paschimottan	160	1 ' 30 "
Ubhaya Padangustha	167	40 "

40 "	Urdhva Mukha Paschimottan I	168
10 "	Lola	83
10 "	Gomukha	80
10 "	Simha I	109

Urdhva Mukha Paschimottan I	168	40 "
Lola	83	10 "
Gomukha	80	10 "
Simha I	109	10 "

Les 17 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
10 "	Padma	104	Nadi Shodhana	20/80/40/80	geen rebus meer	Padma	104	10 "
10 "	Parvata	107				Parvata	107	10 "
10 "	Tola	108				Tola	108	10 "
10 "	Supta Vira	96	Dhyana AUM	tijd 25 '		Vira	89	1 ' 10 "
10 "	Paryanka	97				Supta Vira	96	10 "
						Paryanka	97	10 "
						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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
40 "	Mala I	321	Nadi Shodhana	20/80/40/80		Mala I	321	40 "
40 "	Baddha Kona	102				Baddha Kona	102	40 "
						Sava	592	3 ' 40 "
			Dhyana AUM	tijd 25 '		Namaskar		3 ' 40 "
50 "	Parsva Sirsa	202				Salamba Sirsa I	184	1 ' 30 "
50 "	Ekapada Sirsa	208				Parsva Sirsa	202	50 "
						Ekapada Sirsa	208	50 "
50 "	Salamba Sarvanga II	235				Salamba Sarvanga I	223	3 ' 40 "
50 "	Niralamba Sarvanga I	236				Salamba Sarvanga II	235	50 "
50 "	Niralamba Sarvanga II	237				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 "

Raja Yoga Limmen

50 " Chakra 280

Lesrooster

Vervolglessen

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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
50 "	Triangmukhaikapada Paschi.	139	Surya Bedhana	20/80/40/80		Triangmukhaikapada Paschi.	139	50 "
50 "	Ardha Baddha Padma Paschi.	135				Ardha Baddha Padma Paschi.	135	50 "
50 "	Marichy I	144				Marichy I	144	50 "
50 "	Marichy II	146	Dhyana	tijd		Marichy II	146	50 "
			AUM	25 '		Paschimottan	160	1 ' 40 "
50 "	Ubhaya Padangustha	167				Ubhaya Padangustha	167	50 "
50 "	Urdhva Mukha Paschimottan I	168				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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Surya Bedhana	20/80/40/80		Vira	89	1 ' 20 "
20 "	Supta Vira	96				Supta Vira	96	20 "
20 "	Paryanka	97				Paryanka	97	20 "
			Dhyana	tijd		Ustra	41	1 ' 20 "
			AUM	25 '		Utkata	42	1 ' 20 "
						Uttan	48	1 ' 40 "
50 "	Bharadwaja I	297				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 "
						Salamba Sirsa I	184	1 ' 40 "
1 '	Parsva Sirsa	202				Parsva Sirsa	202	1 '
1 '	Ekapada Sirsa	208				Ekapada Sirsa	208	1 '
Les 21 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Ujjayi	20/80/40/80		Salamba Sarvanga I	223	3 ' 50 "
1 '	Salamba Sarvanga II	235				Salamba Sarvanga II	235	1 '
1 '	Niralamba Sarvanga I	236				Niralamba Sarvanga I	236	1 '
1 '	Niralamba Sarvanga II	237	Dhyana AUM	tijd 25 '		Niralamba Sarvanga II	237	1 '
						Hala	244	4 '
						Karnapida	246	2 ' 40 "
						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 Paschi.	139				Triangmukhaikapada Paschi.	139	1 '
1 '	Ardha Baddha Padma Paschi.	135				Ardha Baddha Padma Paschi.	135	1 '
1 '	Marichy I	144				Marichy I	144	1 '
1 '	Marichy II	146				Marichy II	146	1 '
1 '	Ubhaya Padangustha	167				Paschimottan	160	1 ' 50 "
1 '	Urdhva Mukha Paschimottan I	168				Ubhaya Padangustha	167	1 '
30 "	Lola	83				Urdhva Mukha Paschimottan I	168	1 '
						Lola	83	30 "
Les 22 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
30 "	Gomukha	80	Ujjayi	20/80/40/80		Gomukha	80	30 "
30 "	Simha I	109				Simha I	109	30 "
30 "	Padma	104	Dhyana	tijd		Padma	104	30 "

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30 "	Parvata	107
30 "	Tola	108
30 "	Supta Vira	96
30 "	Paryanka	97

AUM	25 '
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Parvata	107	30 "
Tola	108	30 "
Vira	89	1 ' 30 "
Supta Vira	96	30 "
Paryanka	97	30 "

Les 23 tijd**Asana****ref.****Praktijk**

Sitkari

ritme

20/80/40/80

Theorie**Asana's thuis****ref.****tijd**

1 '	Bharadwaja I	297
1 '	Bharadwaja II	299
30 "	Marichy III	303
30 "	Ardha Matsyendra I	311
1 '	Mala I	321
1 '	Baddha Kona	102

Dhyana

AUM

tijd

25 '

Ustra	41	1 ' 30 "
Utkata	42	1 ' 30 "
Uttan	48	1 ' 50 "
Bharadwaja I	297	1 '
Bharadwaja II	299	1 '
Marichy III	303	30 "
Ardha Matsyendra I	311	30 "
Mala I	321	1 '
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	
Pinda in Sirsa	218	

Urdhva Padma in Sirsa	211
Pinda in Sirsa	218

Les 24 tijd**Asana****ref.****Praktijk**

Sitkari

ritme

20/80/40/80

Theorie**Asana's thuis****ref.****tijd**

1 '	Bharadwaja I	297
1 '	Bharadwaja II	299
30 "	Marichy III	303
30 "	Ardha Matsyendra I	311
1 '	Mala I	321
1 '	Baddha Kona	102
Urdhva Padma in Sarvanga	261	
Pinda in Sarvanga	269	

Dhyana

AUM

tijd

25 '

Salamba Sarvanga I	223	4 '
Salamba Sarvanga II	235	1 ' 10 "
Niralamba Sarvanga I	236	1 ' 10 "
Niralamba Sarvanga II	237	1 ' 10 "
Hala	244	4 ' 10 "
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	
Pinda in Sarvanga	269	
Jatara Parivartan	275	2 ' 50 "
Paripurna Nava	78	2 ' 50 "

						Ardha Nava	79	2 ' 50 "
						Janusirsa	127	2 '
						Triangmukhaikapada Paschi.	139	1 ' 10 "
						Ardha Baddha Padma Paschi.	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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
40 "	Tola	108	Sitali	20/80/40/80		Tola	108	40 "
	Matsya	113				Matsya	113	
			Dhyana	tijd		Vira	89	1 ' 40 "
40 "	Supta Vira	96	AUM	25 '		Supta Vira	96	40 "
40 "	Paryanka	97				Paryanka	97	40 "
40 "	Marichy III	303				Marichy III	303	40 "
40 "	Ardha Matsyendra I	311				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 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitali	20/80/40/80		Namaskar		4 ' 10 "
						Salamba Sirsa I	184	2 '
			Dhyana	tijd		Parsva Sirsa	202	1 ' 20 "
			AUM	25 '		Ekapada Sirsa	208	1 ' 20 "
10 "	Urdhva Padma in Sirsa	211				Urdhva Padma in Sirsa	211	10 "

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10 " Pinda in Sirsa 218

10 " Urdhva Padma in Sarvanga 261

10 " Pinda in Sarvanga 269

50 " Gomukha 80

50 " Lola 83

50 " Simha I 109

Les 27 tijd Asana ref.

50 " Padma 104

50 " Parvata 107

50 " Tola 108

10 " Matsya 113

50 " Supta Vira 96

50 " Paryanka 97

50 " Marichy III 303

50 " Ardha Matsyendra I 311

Praktijk ritme

Bhastrika 20/80/40/80

Dhyana tijd

AUM 25 '

Theorie

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 251 1 ' 50 "

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 Paschi. 139 1 ' 20 "

Ardha Baddha Padma Paschi. 135 1 ' 20 "

Marichy I 144 1 ' 20 "

Paschimottan 160 2 ' 10 "

Urdhva Mukha Paschimottan I 168 1 ' 20 "

Gomukha 80 50 "

Lola 83 50 "

Simha I 109 50 "

Asana's thuis ref. tijd

Padma 104 50 "

Parvata 107 50 "

Tola 108 50 "

Matsya 113 10 "

Vira 89 1 ' 50 "

Supta Vira 96 50 "

Paryanka 97 50 "

Marichy III 303 50 "

Ardha Matsyendra I 311 50 "

Baddha Kona 102 1 ' 20 "

Adho Mukha Svana 75 1 ' 50 "

Urdhva Mukha Svana 74 1 ' 50 "

						Chaturanga Danda	67	1 ' 50 "
						Salabha	60	2 ' 10 "
						Dhanura	63	2 ' 10 "
						Ustra	41	1 ' 50 "
						Utkata	42	1 ' 50 "
						Uttan	48	2 ' 10 "
	10 "	Garuda	56			Garuda	56	10 "
						Sava	592	4 ' 20 "
Les 28 tijd	Asana	ref.	Praktijk Bhastrika	ritme 20/80/40/80	Theorie	Asana's thuis	ref.	tijd
			Dhyana AUM	tijd 25 '		Namaskar		4 ' 20 "
20 "	Urdhva Padma in Sirsa	211				Salamba Sirsa I	184	2 ' 10 "
20 "	Pinda in Sirsa	218				Parsva Sirsa	202	1 ' 30 "
						Ekapada Sirsa	208	1 ' 30 "
						Urdhva Padma in Sirsa	211	20 "
						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 Paschi.	139	1 ' 30 "
						Ardha Baddha Padma Paschi.	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 '

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Les 29 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
1 '	Simha I	109				Simha I	109	1 '
1 '	Padma	104	Bramari	20/80/40/80		Padma	104	1 '
1 '	Parvata	107				Parvata	107	1 '
1 '	Tola	108	Dhyana	tijd		Tola	108	1 '
20 "	Matsya	113	AUM	25 '		Matsya	113	20 "
1 '	Supta Vira	96				Vira	89	2 '
1 '	Paryanka	97				Supta Vira	96	1 '
1 '	Marichy III	303				Paryanka	97	1 '
1 '	Ardha Matsyendra I	311				Marichy III	303	1 '
						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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Bramari	20/80/40/80		Namaskar		4 ' 30 "
			Dhyana	tijd		Salamba Sirsa I	184	2 ' 20 "
			AUM	25 '		Parsva Sirsa	202	1 ' 40 "
30 "	Urdhva Padma in Sirsa	211				Ekapada Sirsa	208	1 ' 40 "
30 "	Pinda in Sirsa	218				Urdhva Padma in Sirsa	211	30 "
						Pinda in Sirsa	218	30 "
						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 "

30 "	Urdhva Padma in Sarvanga	261
30 "	Pinda in Sarvanga	269

30 "	Matsya	113
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30 "	Garuda	56
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Ekapada Sarvanga	250	3 ' 20 "
Parsvaikapada Sarvanga	251	2 ' 10 "
Urdhva Padma in Sarvanga	261	30 "
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 Paschi.	139	1 ' 40 "
Ardha Baddha Padma Paschi.	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 "
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 "
Garuda	56	30 "
Sava	592	4 ' 40 "

Les 31 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Murcha	20/80/40/80		Namaskar		4 ' 40 "

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			Dhyana AUM	tijd 25 '			
					Salamba Sirsa I	184	2 ' 30 "
					Parsva Sirsa	202	1 ' 50 "
					Ekapada Sirsa	208	1 ' 50 "
40 "	Urdhva Padma in Sirsa	211			Urdhva Padma in Sirsa	211	40 "
40 "	Pinda in Sirsa	218			Pinda in Sirsa	218	40 "
					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 Paschi.	139	1 ' 50 "
					Ardha Baddha Padma Paschi.	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 "
Garuda	56	40 "
Sava	592	4 ' 50 "
Salamba Sirsa I	184	2 ' 40 "
Urdhva Danda	188	

40 " Garuda 56

Urdhva Danda 188

Les 32 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	Parivrittaika Pada Sirsa	206	Murcha	20/80/40/80	Mudra	Parsva Sirsa	202	2 '
	Parsvaikapada Sirsa	210	Mudra			Parivrittaika Pada Sirsa	206	
50 "	Urdhva Padma in Sirsa	211	Sambhavi			Ekapada Sirsa	208	2 '
50 "	Parsva Urdhva Padma	215	Dhyana	tijd		Parsvaikapada Sirsa	210	
50 "	Pinda in Sirsa	218	AUM	25 '		Urdhva Padma in Sirsa	211	50 "
						Parsva Urdhva Padma	215	50 "
						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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
50 "	Urdhva Padma in Sarvanga	261	Plavini	20/80/40/80		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	
			Dhyana	tijd		Jatara Parivartan	275	3 ' 40 "

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Les 34 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	Supta Padangustha	285	AUM	25 '		Supta Padangustha	285	
			Plavini	20/80/40/80		Chakra	280	1 ' 10 "
			Mudra			Paripurna Nava	78	2 ' 50 "
			Sambhavi			Ardha Nava	79	2 ' 50 "
			Dhyana	tijd		Ustra	41	2 ' 30 "
			AUM	25 '		Vira	89	2 ' 30 "
						Supta Vira	96	1 ' 30 "
						Paryanka	97	1 ' 30 "
						Janusirsa	127	2 ' 50 "
						Ardha Baddha Padma Paschi.	135	2 '
						Triangmukhaikapada Paschi.	139	2 '
	Krouncha	141				Krouncha	141	
						Marichy I	144	2 '
						Paschimottan	160	2 ' 50 "
						Padma	104	1 ' 30 "
						Parvata	107	1 ' 30 "
						Tola	108	1 ' 30 "
						Simha I	109	1 ' 30 "
50 "	Matsya	113				Matsya	113	50 "
	Kukkuta	115				Kukkuta	115	
	Garbha Pinda	116				Garbha Pinda	116	
	Baddha Padma	118				Baddha Padma	118	
	Upavistha Kona	151				Upavistha Kona	151	
Les 35 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
	Akarna Dhanura	173	Nadi Sodhana	24/96/48/96		Akarna Dhanura	173	
			Mudra			Baddha Kona	102	2 '
			Sambhavi			Marichy III	303	1 ' 30 "
			Dhyana	tijd		Ardha Matsyendra I	311	1 ' 30 "
			AUM	30 '		Salabha	60	2 ' 50 "
	Parsva Dhanura	64				Dhanura	63	2 ' 50 "
						Parsva Dhanura	64	
						Uttan	48	2 ' 50 "
						Sava	592	5 '
						Salamba Sirsa I	184	2 ' 50 "
10 "	Urdhva Danda	188				Urdhva Danda	188	10 "
						Parsva Sirsa	202	2 ' 10 "

10 "	Parivrittaika Pada Sirsa	206
10 "	Parsvaikapada Sirsa	210
1 '	Urdhva Padma in Sirsa	211
10 "	Parsva Urdhva Padma	215
1 '	Pinda in Sirsa	218

Parivrittaika Pada Sirsa	206	10 "
Ekapada Sirsa	208	2 ' 10 "
Parsvaikapada Sirsa	210	10 "
Urdhva Padma in Sirsa	211	1 '
Parsva Urdhva Padma	215	10 "
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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Nadi Sodhana	24/96/48/96		Hala	244	5 ' 10 "
			Mudra			Karnapida	246	3 ' 50 "
			Sambhavi			Supta Kona	247	3 '
			Dhyana	tijd		Parsva Hala	249	2 ' 40 "
			AUM	30 '		Ekapada Sarvanga	250	3 ' 50 "
1 '	Urdhva Padma in Sarvanga	261				Parsvaikapada Sarvanga	251	2 ' 40 "
1 '	Pinda in Sarvanga	269				Urdhva Padma in Sarvanga	261	1 '
10 "	Parsva Pinda in Sarvanga	270				Pinda in Sarvanga	269	1 '
10 "	Setubandha Sarvanga	259				Parsva Pinda in Sarvanga	270	10 "
10 "	Ekapada Setubandha Sarvanga	260				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 Paschi.	135	2 ' 10 "
						Triangmukhaikapada Paschi.	139	2 ' 10 "
10 "	Krouncha	141				Krouncha	141	10 "
						Marichy I	144	2 ' 10 "
						Paschimottan	160	3 '
						Padma	104	1 ' 40 "

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						Parvata	107	1 ' 40 "
						Tola	108	1 ' 40 "
						Simha I	109	1 ' 40 "
1 '	Matsya	113				Matsya	113	1 '
Les 37 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
10 "	Kukkuta	115	Surya Bedhana	24/96/48/96		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 "
			Dhyana	tijd		Baddha Kona	102	2 ' 10 "
			AUM	30 '		Marichy III	303	1 ' 40 "
						Ardha Matsyendra I	311	1 ' 40 "
						Salabha	60	3 '
						Dhanura	63	3 '
10 "	Parsva Dhanura	64				Parsva Dhanura	64	10 "
						Uttan	48	3 '
						Sava	592	5 ' 10 "
Les 38 tijd	Asana	ref.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
			Surya Bedhana	24/96/48/96		Salamba Sirsa I	184	3 '
20 "	Urdhva Danda					Urdhva Danda	188	20 "
			Mudra			Parsva Sirsa	202	2 ' 20 "
			Sambhavi			Parivrittaika Pada Sirsa	206	20 "
						Ekapada Sirsa	208	2 ' 20 "
			Dhyana	tijd		Parsvaikapada Sirsa	210	20 "
			AUM	30 '		Urdhva Padma in Sirsa	211	1 ' 10 "
20 "	Parsva Urdhva Padma	215				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 Paschi.	135	2 ' 20 "
						Triangmukhaikapada Paschi.	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.	Praktijk	ritme	Theorie	Asana's thuis	ref.	tijd
20 "	Baddha Padma	118	Ujjayi	24/96/48/96		Baddha Padma	118	20 "
20 "	Upavista Kona	151				Upavista Kona	151	20 "
20 "	Akarna Dhanura	173	Mudra Sambhavi			Akarna Dhanura	173	20 "
						Baddha Kona	102	2 ' 20 "
						Marichy III	303	1 ' 50 "
			Dhyana	tijd		Ardha Matsyendra I	311	1 ' 50 "
			AUM	30 '		Salabha	60	3 ' 10 "
						Dhanura	63	3 ' 10 "
20 "	Parsva Dhanura	64				Parsva Dhanura	64	20 "
						Uttan	48	3 ' 10 "

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30 "	Urdhva Danda	188
30 "	Parivrittaika Pada Sirsa	206
30 "	Parsvaikapada Sirsa	210
30 "	Parsva Urdhva Padma	215

Sava	592	5 ' 20 "
Salamba Sirsa I	184	3 ' 10 "
Urdhva Danda	188	30 "
Parsva Sirsa	202	2 ' 30 "
Parivrittaika Pada Sirsa	206	30 "
Ekapada Sirsa	208	2 ' 30 "
Parsvaikapada Sirsa	210	30 "
Urdhva Padma in Sirsa	211	1 ' 20 "
Parsva Urdhva Padma	215	30 "

Les 40 tijd**Asana****ref.****Praktijk**

Ujjayi

ritme

24/96/48/96

Theorie**Asana's thuis****ref.****tijd**

30 "	Parsva Pinda in Sarvanga	270
30 "	Setubandha Sarvanga	259
30 "	Ekapada Setubandha Sarvanga	260
30 "	Supta Padangustha	285

Mudra
SambhaviDhyana
AUMtijd
30 '

Salamba Sarvanga I	223	5 ' 20 "
Salamba Sarvanga II	235	2 ' 30 "
Niralamba Sarvanga I	236	2 ' 30 "
Niralamba Sarvanga II	237	2 ' 30 "
Hala	244	5 ' 30 "
Karnapida	246	4 ' 10 "
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 "
Pinda in Sarvanga	269	1 ' 20 "
Parsva Pinda in Sarvanga	270	30 "
Setubandha Sarvanga	259	30 "
Ekapada Setubandha Sarvanga	260	30 "
Jatara Parivartan	275	4 ' 10 "
Supta Padangustha	285	30 "
Chakra	280	1 ' 40 "
Paripurna Nava	78	3 ' 20 "
Ardha Nava	79	3'20"
Ustra	41	3'