

-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](http://www.rajayogalimmen.nl/yogaoefening) en daarbij het gratis te downloaden e-boek Subtiële Anatomie van Phillipe 'Ajita' Barbier

Les 1 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	24/96/48/96		Vira	89	3'
						Supta Vira	96	2'
			Mudra			Paryanka	97	2'
			Maha			Janusirsa	127	3' 20"
						Ardha Baddha Padma Paschimottan	135	2' 30"
			Dhyana	tijd		Triangmukhaikapada Paschimottan	139	2' 30"
30 "	Krouncha	141	AUM	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"
30 "	Kukkuta	115				Kukkuta	115	30"
30 "	Garbha Pinda	116				Garbha Pinda	116	30"
30 "	Baddha Padma	118				Baddha Padma	118	30"
30 "	Upavista Kona	151				Upavista Kona	151	30"
30 "	Akarna Dhanura	173				Akarna Dhanura	173	30"
						Baddha Kona	102	2' 30"
						Marichy III	303	2'
						Ardha Matsyendra I	311	2'
						Salabha	60	3' 20"
						Dhanura	63	3' 20"
30 "	Parsva Dhanura	64				Parsva Dhanura	64	30"
						Uttan	48	3' 20"
						Sava	592	5' 30"
Les 2 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
40 "	Urdhva Danda	188	Sitkari	24/96/48/96		Salamba Sirsa I	184	3' 20"
						Urdhva Danda	188	40"
			Mudra			Parsva Sirsa	202	2' 40"

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

40 "	Parivrittaika Pada Sirsa	206	Maha			Parivrittaika Pada Sirsa	206	40 "
40 "	Parsvaikapada Sirsa	210	Dhyana	tijd		Ekapada Sirsa	208	2 ' 40 "
40 "	Parsva Urdhva Padma	215	AUM	30 '		Parsvaikapada Sirsa	210	40 "
						Urdhva Padma in Sirsa	211	1 ' 30 "
						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 "
<b>Les 3 tijd</b>	<b>Asana ref.</b>		<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
40 "	Supta Padangustha	285	Sitali	24/96/48/96		Supta Padangustha	285	40 "
			Mudra			Chakra	280	1 ' 50 "
			Maha Bandha			Paripurna Nava	78	3 ' 30 "
						Ardha Nava	79	3 ' 30 "
			Dhyana	tijd		Ustra	41	3 ' 10 "
			AUM	30 '		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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

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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Simha I	109	2 ' 10 "
Matsya	113	1 ' 30 "
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 "

Les 4 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
50 "	Urdhva Danda	188	Sitali	24/96/48/96		Salamba Sirsa I	184	3 ' 30 "
50 "	Parivrittaika Pada Sirsa	206	Mudra			Urdhva Danda	188	50 "
50 "	Parsvaikapada Sirsa	210	Maha Bandha			Parsva Sirsa	202	2 ' 50 "
50 "	Parsva Urdhva Padma	215	Dhyana	tijd		Parivrittaika Pada Sirsa	206	50 "
			AUM	30 '		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 "
50 "	Parsva Pinda in Sarvanga	270				Parsva Pinda in Sarvanga	270	50 "
50 "	Setubandha Sarvanga	259				Setubandha Sarvanga	259	50 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

50 "	Ekapada Setubandha Sarvanga	260				Ekapada Setubandha Sarvanga	260	50 "
						Jatara Parivartan	275	4 ' 30 "
<b>Les 5 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
50 "	Supta Padangustha	285	Bhastrika	24/96/48/96		Supta Padangustha	285	50 "
			Mudra			Utthita Trikona	4	2 ' 50 "
			Maha Vedha			Parivritta trikona	6	2 ' 30 "
			Dhyana	tijd		Utthita Parsvakona	8	2 ' 50 "
			AUM	30 '		Parivritta Parsvakona	10	1 ' 30 "
						Virabhadra I	14	2 ' 50 "
						Virabhadra II	15	2 ' 50 "
						Virabhadrasana III	17	1 ' 40 "
						Ardha Chandra	19	2 ' 50 "
1 '	Padangustha	44				Parsvottan	26	2 ' 50 "
1 '	Padahasta	46				Padangustha	44	1 '
						Padahasta	46	1 '
						Uttan	48	3 ' 40 "
	Utthita Hasta Padangustha	23				Utthita Hasta Padangustha	23	
	Ardha Baddha Padmottan	52				Ardha Baddha Padmottan	52	
<b>Les 6 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
	Vatayan	58	Bhastrika	24/96/48/96		Vatayan	58	
			Mudra			Janusirsa	127	3 ' 40 "
	Parivritta Janusirsa	132	Maha Vedha			Parivritta Janusirsa	132	
						Ardha Baddha Padma Paschimottan	135	2 ' 50 "
50 "	Krouncha	141				Krouncha	141	50 "
			Dhyana	tijd		Marichy I	144	2 ' 50 "
			AUM	30 '		Paschimottan	160	3 ' 40 "
	Urdhvamukha Paschimottan II	170				Urdhvamukha Paschimottan II	170	
50 "	Baddha Padma	118				Baddha Padma	118	50 "
50 "	Kukkuta	115				Kukkuta	115	50 "
<b>Les 7 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
50 "	Garbha Pinda	116	Bhramari	24/96/48/96		Garbha Pinda	116	50 "
	Simha II	110				Simha II	110	
			Mudra			Matsya	113	1 ' 40 "
			Khecari			Baddha Kona	102	2 ' 50 "
50 "	Upavista Kona	151				Upavista Kona	151	50 "
50 "	Akarna Dhanura	173	Dhyana	tijd		Akarna Dhanura	173	50 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

Raja Yoga Limmen			Lesrooster			Gevorderde lessen		
			AUM	30'		Marichy III	303	2' 20"
	Uttanapada	292				Ardha Matsyendra I	311	2' 20"
						Uttanapada	292	
						Salabha	60	3' 40"
						Dhanura	63	3' 40"
50"	Parsva Dhanura	64				Parsva Dhanura	64	50"
	Urdhva Dhanura I	482				Urdhva Dhanura I	482	
						Sava	592	5' 50"
Les 8 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Bhramari		24/96/48/96	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	30'		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 9 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
1'	Setubandha Sarvanga	259	Murcha	24/96/48/96		Setubandha Sarvanga	259	1'
1'	Ekapada Setubandha Sarvanga	260				Ekapada Setubandha Sarvanga	260	1'
			Mudra			Jatara Parivartan	275	4' 40"
1'	Supta Padangustha	285	Uddiyana Bandha			Supta Padangustha	285	1'
						Utthita Trikona	4	3'
			Dhyana	tijd		Parivritta trikona	6	2' 40"

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

AUM 30'

Utthita Parsvakona	8	3'
Parivritta Parsvakona	10	1' 40"
Virabhadra I	14	3'
Virabhadra II	15	3'
Virabhadrasana III	17	1' 50"
Ardha Chandra	19	3'
Parsvottan	26	3'
Padangustha	44	1' 10"
Padahasta	46	1' 10"
Uttan	48	3' 50"
Utthita Hasta Padangustha	23	10"
Ardha Baddha Padmottan	52	10"
Vatayan	58	10"

10"	Utthita Hasta Padangustha	23
10"	Ardha Baddha Padmottan	52
10"	Vatayan	58

Les 10 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
10"	Parivritta Janusirsa	132	Murcha	24/96/48/96		Janusirsa	127	3' 50"
1'	Krouncha	141	Mudra			Parivritta Janusirsa	132	10"
			Uddiyana Bandha			Ardha Baddha Padma Paschimottan	135	3'
10"	Urdhvamukha Paschimottan II	170	Dhyana	tijd		Krouncha	141	1'
1'	Baddha Padma	118	AUM	30'		Marichy I	144	3'
1'	Kukkuta	115				Paschimottan	160	3' 50"
						Urdhvamukha Paschimottan II	170	10"
						Baddha Padma 118 1'		
						Kukkuta 115 1'		
Les 11 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
10"	Garbha Pinda	116	Plavini	24/96/48/96		Garbha Pinda	116	1'
10"	Simha II	110	Mudra			Simha II	110	10"
			Mula Bandha			Matsya	113	1' 50"
1'	Upavista Kona	151				Baddha Kona	102	3'
1'	Akarna Dhanura	173	Dhyana	tijd		Upavista Kona	151	1'
			AUM	30'		Akarna Dhanura	173	1'
						Marichy III	303	2' 30"
10"	Uttanapada	292				Ardha Matsyendra I	311	2' 30"
						Uttanapada	292	10"
						Salabha	60	3' 50"
						Dhanura	63	3' 50"
1'	Parsva Dhanura	64				Parsva Dhanura	64	1'
10"	Urdhva Dhanura I	482				Urdhva Dhanura I	482	10"

Les 12 tijd **Asana**

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Plavini	24/96/48/96		Salamba Sirsa I	184	3' 50"
				Urdhva Danda	188	1' 10"
	Mudra			Parsva Sirsa	202	3' 10"
	Mula Bandha			Parivrittaika Pada Sirsa	206	1' 10"
				Ekapada Sirsa	208	3' 10"
	Dhyana	tijd		Parsvaikapada Sirsa	210	1' 10"
	AUM	30'		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"

Sava

592

6'

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

					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 "	
					Janusirsa	127	4 '	
20 "	Parivritta Janusirsa	132			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 "	
<b>Les 13 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Nadi Sodhana	28/112/56/112		Salamba Sirsa I	184	4 '
			Mudra			Urdhva Danda	188	1 ' 20 "
			Jalandhara Bandha			Parsva Sirsa	202	3 ' 20 "
						Parivrittaika Pada Sirsa	206	1 ' 20 "
						Ekapada Sirsa	208	3 ' 20 "
			Dhyana	tijd		Parsvaikapada Sirsa	210	1 ' 20 "
			AUM	35'		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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

30 "	Simha II	110			Baddha Padma	118	1 ' 20 "	
					Kukkuta	115	1 ' 20 "	
					Garbha Pinda	116	1 ' 20 "	
					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 "	
30 "	Uttanapada	292			Ardha Matsyendra I	311	2 ' 50 "	
					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 "	
<b>Les 14 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Nadi Sodhana	28/112/56/112		Salamba Sirsa I	184	4 ' 10 "
						Urdhva Danda	188	1 ' 30 "
			Mudra			Parsva Sirsa	202	3 ' 30 "
			Jalandhara Bandha			Parivrittaika Pada Sirsa	206	1 ' 30 "
						Ekapada Sirsa	208	3 ' 30 "
			Dhyana	tijd		Parsvaikapada Sirsa	210	1 ' 30 "
			AUM	35 '		Urdhva Padma in Sirsa	211	2 ' 20 "
						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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

			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 "
40 "	Utthita Hasta Padangustha	23	Utthita Hasta Padangustha	23	40 "
40 "	Ardha Baddha Padmottan	52	Ardha Baddha Padmottan	52	40 "
40 "	Vatayan	58	Vatayan	58	40 "
40 "	Parivritta Janusirsa	132	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 "
			Garbha Pinda	116	1 ' 30 "
40 "	Simha II	110	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 "

Les 15 tijd	Asana	ref.	Pranayama ritme	Theorie	Asana's thuis	ref.	tijd
40 "	Urdhva Dhanura I	482			Dhanura	63	4 ' 20 "
					Parsva Dhanura	64	1 ' 30 "
					Urdhva Dhanura I	482	40 "
					Sava	592	6 ' 30 "
					Salamba Sirsa I	184	4 ' 20 "
					Urdhva Danda	188	1 ' 40 "
					Parsva Sirsa	202	3 ' 40 "
					Parivrittaika Pada Sirsa	206	1 ' 40 "
					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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

					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 "
					Janusirsa	127	4 ' 30 "
50 "	Parivritta Janusirsa	132			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 "
					Parsva Dhanura	64	1 ' 40 "
50 "	Urdhva Dhanura I	482			Urdhva Dhanura I	482	50 "
					Sava	592	6 ' 40 "
Les 16 tijd	<b>Asana</b>	<b>ref.</b>	<b>Pranayama ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Surya Bhedana 28/112/56/112		Salamba Sirsa I	184	4 ' 30 "
					Urdhva Danda	188	1 ' 50 "
			Mudra		Parsva Sirsa	202	3 ' 50 "
			Viparita Karani		Parivrittaika Pada Sirsa	206	1 ' 50 "
					Ekapada Sirsa	208	3 ' 50 "
			Dhyana	tijd	Parsvaikapada Sirsa	210	1 ' 50 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

		AUM	35'		
				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"

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

						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 "
60 "	Simha II	110				Garbha Pinda	116	1 ' 50 "
						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 "
60 "	Uttanapada	292				Ardha Matsyendra I	311	3 ' 20 "
						Uttanapada	292	1 '
						Salabha	60	4 ' 40 "
						Dhanura	63	4 ' 40 "
60 "	Urdhva Dhanura I	482				Parsva Dhanura	64	1 ' 50 "
						Urdhva Dhanura I	482	1 '
						Sava	592	6 ' 50 "
<b>Les 17 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Ujjayi	28/112/56/112		Salamba Sirsa I	184	4 ' 40 "
	Salamba Sirsa II	192				Salamba Sirsa II	192	
	Salamba Sirsa III	194	Mudra			Salamba Sirsa III	194	
	Baddha Hasta Sirsa	198	Vajroli			Baddha Hasta Sirsa	198	
	Mukta Hasta Sirsa	200				Mukta Hasta Sirsa	200	
			Dhyana	tijd		Parsva Sirsa	202	4 '
			AUM	35 '		Parivrittaika Pada Sirsa	206	2 '
						Ekapada Sirsa	208	4 '
						Parsvaikapada Sirsa	210	2 '
						Urdhva Padma in Sirsa	211	2 ' 50 "
						Parsva Urdhva Padma	215	2 '
						Pinda in Sirsa	218	2 '
						Salamba Sarvanga I	223	6 ' 50 "
						Salamba Sarvanga II	235	4 '
						Niralamba Sarvanga I	236	4 '
						Niralamba Sarvanga II	237	4 '
						Hala	244	7 '
						Karnapida	246	5 ' 40 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

					Supta Kona	247	4 ' 50 "	
					Parsva Hala	249	4 ' 40 "	
					Ekapada Sarvanga	250	5 ' 30 "	
					Parsvaikapada Sarvanga	251	4 ' 30 "	
	Parsva Sarvanga	254			Parsva Sarvanga	254		
					Setubandha Sarvanga	259	2 '	
					Ekapada Setubandha Sarvanga	260	2 '	
	Parsva Urdhva Padma in Sarvanga	264			Urdhva Padma in Sarvanga	261	2 ' 50 "	
					Parsva Urdhva Padma in Sarvanga	264		
					Pinda in Sarvanga	269	2 ' 50 "	
					Parsva Pinda in Sarvanga	270	2 '	
	Ananta	290			Supta Padangustha	285	2 '	
					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 III	303	3 ' 30 "	
	Marichy IV	305			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 18 tijd	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
10 "	Salamba Sirsa II	192	Ujjayi	28/112/56/112		Salamba Sirsa I	184	4 ' 50 "
						Salamba Sirsa II	192	10 "



## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

10 "	Salamba Sirsa III	194
10 "	Baddha Hasta Sirsa	198
10 "	Mukta Hasta Sirsa	200

Mudra	
Vajroli	
Dhyana	tijd
AUM	35 '

Salamba Sirsa III	194	10 "
Baddha Hasta Sirsa	198	10 "
Mukta Hasta Sirsa	200	10 "
Parsva Sirsa	202	4 ' 10 "
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 "
Parsva Sarvanga	254	10 "
Setubandha Sarvanga	259	2 ' 10 "
Ekapada Setubandha Sarvanga	260	2 ' 10 "
Urdhva Padma in Sarvanga	261	3 '
Parsva Urdhva Padma in Sarvanga	264	10 "
Pinda in Sarvanga	269	3 '
Parsva Pinda in Sarvanga	270	2 ' 10 "
Supta Padangustha	285	2 ' 10 "
Ananta	290	10 "
Paschimottan	160	5 '
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 "
Yoga Mudra	120	10 "
Kukkuta	115	2 ' 10 "
Garbha Pinda	116	2 ' 10 "

10 " Parsva Sarvanga 254

10 " Parsva Urdhva Padma in Sarvanga 264

10 " Ananta 290

10 " Parivritta Paschimottana 165

10 " Yoga Mudra 120

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

Les 19 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
10 "	Marichy IV	305				Simha II	110	1 ' 20 "
						Matsya	113	3 '
						Baddha Kona	102	4 ' 10 "
						Ardha Matsyendra I	311	3 ' 40 "
						Marichy III	303	3 ' 40 "
						Marichy IV	305	10 "
						Uttanapada	292	1 ' 10 "
						Salabha	60	4 ' 50 "
						Dhanura	63	4 ' 50 "
						Parsva Dhanura	64	2 '
						Urdhva Dhanura I	482	1 ' 10 "
						Sava	592	7 '
						Salamba Sirsa I	184	5 '
						Salamba Sirsa II	192	20 "
						Salamba Sirsa III	194	20 "
						Baddha Hasta Sirsa	198	20 "
						Mukta Hasta Sirsa	200	20 "
						Parsva Sirsa	202	4 ' 20 "
						Parivrita 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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

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				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 "
20 "	Yoga Mudra	120				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 "
20 "	Marichy IV	305				Marichy IV	305	20 "
						Uttanapada	292	1 ' 20 "
						Salabha	60	5 ' 00 "
						Dhanura	63	5 ' 00 "
						Parsva Dhanura	64	2 ' 10 "
						Urdhva Dhanura I	482	1 ' 20 "
						Sava	592	7 ' 10 "

Les 20 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	28/112/56/112		Salamba Sirsa I	184	5 ' 00 "
40 "	Salamba Sirsa II	192				Salamba Sirsa II	192	40 "
40 "	Salamba Sirsa III	194	Mudra			Salamba Sirsa III	194	40 "
40 "	Badha Hasta Sirsa	198	Sahajoli			Badhia Hasta Sirsa	198	40 "
40 "	Mukta Hasta Sirsa	200				Mukta Hasta Sirsa	200	40 "
			Dhyana	tijd		Parsva Sirsa	202	4 ' 20 "
			AUM	35 ' 00 "		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 "
			Parsvaikapada Sarvanga	251	4 ' 50 "
40 "	Parsva Sarvanga	254	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 "
			Supta Padangustha	285	2 ' 20 "
40 "	Ananta	290	Ananta	290	40 ' "
			Paschimottan	160	5 ' 10 "
40 "	Parivritta Paschimotan	165	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 "
			Garbha Pinda	116	2 ' 20 "
40 "	Goraksa	117	Goraksa	117	40 "
			Simha II	110	1 ' 30 "
			Matsya	113	3 ' 10 "
			Supta Vira	96	3 ' "
40 "	Bheka	100	Bheka	100	40 "
			Baddha Kona	102	40 "
			Ardha Matsyendra I	311	4 ' 10 "
			Marichy III	303	3 ' 50 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

40 " Marichy IV 305  
40 " Mala I 321

Marichy IV 305 40 "  
Mala I 321 40 "  
Uttanapada 292 1 ' 30 "  
Urdhva Dhanura I 482 1 ' 30 "  
Sava 592 7 ' 20 "

## Les 21 tijd

## Asana

## ref.

## Pranayama

## ritme

## Theorie

## Asana's thuis

## ref.

## Tijd

50 " Salamba Sirsa II 192  
50 " Salamba Sirsa III 194  
50 " Badha Hasta Sirsa 198  
50 " Mukta Hasta Sirsa 200

Sitali 28/112/56/112

Mudra  
Amaroli

Dhyana tijd  
AUM 35 '

Salamba Sirsa I 184 5 ' 10 "  
Salamba Sirsa II 192 50 "  
Salamba Sirsa III 194 50 "  
Badha Hasta Sirsa 198 50 "  
Mukta Hasta Sirsa 200 50 "  
Parsva Sirsa 202 4 ' 30 "  
Parivrittaika Pada Sirsa 206 2 ' 30 "  
Ekapada Sirsa 208 4 ' 30 "  
Parsvaikapada Sirsa 210 2 ' 30 "  
Urdhva Padma in Sirsa 211 3 ' 20 "  
Parsva Urdhva Padma 215 2 ' 30 "  
Pinda in Sirsa 218 2 ' 30 "  
Salamba Sarvanga I 223 7 ' 20 "  
Salamba Sarvanga II 235 4 ' 30 "  
Niralamba Sarvanga I 236 4 ' 30 "  
Niralamba Sarvanga II 237 4 ' 30 "  
Hala 244 7 ' 30 "  
Karnapida 246 6 ' 10 "  
Supta Kona 247 5 ' 20 "  
Parsva Hala 249 5 ' 10 "  
Ekapada Sarvanga 250 6 '  
Parsvaikapada Sarvanga 251 5 '  
Parsva Sarvanga 254 50 "  
Setubandha Sarvanga 259 2 ' 20 "  
Ekapada Setubandha Sarvanga 260 2 ' 20 "  
Urdhva Padma in Sarvanga 261 3 ' 20 "  
Pinda in Sarvanga 269 3 ' 20 "  
Parsva Pinda in Sarvanga 270 2 ' 30 "  
Supta Padangustha 285 2 ' 30 "  
Ananta 290 50 "  
Paschimottan 160 5 ' 20 "  
Parivritta Paschimotan 165 50 "

50 " Parsva Sarvanga 254

50 " Ananta 290

50 " Parivritta Paschimotan 165

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

50 "	Goraksa	117
50 "	Bheka	100
50 "	Marichy IV	305
50 "	Mala I	321

Janusirsa	127	5 ' 20 "
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 "
Goraksa	117	50 "
Simha II	110	1 ' 40 "
Matsya	113	3 ' 20 "
Supta Vira	96	3 ' 10 "
Bheka	100	50 "
Baddha Kona	102	4 ' 10 "
Ardha Matsyendra I	311	4 ' 20 "
Marichy III	303	4'
Marichy IV	305	50 "
Mala I	321	50 "
Uttanapada	292	1 ' 40 "
Urdhva Dhanura I	482	1 ' 40 "
Sava	592	7 ' 30 "

Les 22 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitali	28/112/56/112		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	35 '		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 "
1 '	Ananta	290				Supta Padangustha	285	2 ' 40 "
						Ananta	290	1 '
1 '	Parivritta Paschimotan	165				Paschimottan	160	5 ' 30 "
						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 "
						Sava	592	7 ' 40 "

	Bhastrika	28/112/56/112	Salamba Sirsa I	184	5 ' 30 "
			Salamba Sirsa II	192	1 ' 10 "
	Mudra		Salamba Sirsa III	194	1 ' 10 "
	Sakti Calana		Baddha Hasta Sirsa	198	1 ' 10 "
			Mukta Hasta Sirsa	200	1 ' 10 "
	Dhyana	tijd	Parsva Sirsa	202	4 ' 50 "
	AUM	35 '	Parivritaika 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	3 ' 20 "
			Paschimottan	160	5 ' 40 "
			Parivrita Paschimotan	165	1 ' 10 "
			Urdhva Mukha Paschimottan I	168	2 ' 40 "
			Akarna Dhanura	173	2 ' 40 "
	Bhujapida	348	Bhujapida	348	
	Kurma	363	Kurma	363	
	Supta Kurma	368	Supta Kurma	368	



## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

Ekapada Sirsa 371

Supta Vajra 124

Pasa 328

Urdhva Dhanura II 486

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	
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	
Uttanapada	292	2'
Urdhva Dhanura II	486	
Uttan	48	4' 30"
Sava	592	7' 50"

## Les 24 tijd

## Asana

## ref.

## Pranayama

## ritme

## Theorie

## Asana's thuis

## ref.

## tijd

Bhastrika 28/112/56/112

Mudra  
Sakti Calana

Dhyana tijd  
AUM 35'

Salamba Sirsa I	184	5' 40"
Salamba Sirsa II	192	1' 20"
Salamba Sirsa III	194	1' 20"
Badha Hasta Sirsa	198	1' 20"
Mukta Hasta Sirsa	200	1' 20"
Parsva Sirsa	202	5'
Parivritaika Pada Sirsa	206	3'
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'

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

10 "	Bhujapida	348
10 "	Kurma	363
10 "	Supta Kurma	368
10 "	Ekapada Sirsa	371
10 "	Supta Vajra	124

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'
Supta Vajra	124	10"
Bheka	100	1' 20"

Raja Yoga Limmen

Lesrooster

Gevorderde lessen

				Baddha Kona	102	4 ' 40 "
				Marichy III	303	4 ' 30 "
				Ardha Malsyendra I	311	4 ' 50 "
10 "	Pasa	328		Mala I	321	1 ' 20 "
				Pasa	328	10 "
10 "	Urdhva Dhanura II	486		Uttanapada	292	2 ' 10 "
				Urdhva Dhanura II	486	10 "
				Uttan	48	4 ' 40 "
				Sava	592	8 '

Les 25 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Bramari	28/112/56/112		Salamba Sirsa I	184	5 ' 50 "
						Salamba Sirsa II	192	1 ' 30 "
			Mudra			Salamba Sirsa III	194	1 ' 30 "
			Maha			Badha Hasta Sirsa	198	1 ' 30 "
						Mukta Hasta Sirsa	200	1 ' 30 "
			Dhyana	tijd		Parsva Sirsa	202	5 ' 10 "
			AUM	35 '		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 "
						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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

					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 '	
20 "	Bhujapida	348			Bhujapida	348	20 "	
20 "	Kurma	363			Kurma	363	20 "	
20 "	Supta Kurma	368			Supta Kurma	368	20 "	
20 "	Ekapada Sirsa	371			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 "	
20 "	Supta Vajra	124			Supta Vajra	124	20 "	
					Bheka	100	1 ' 30 "	
					Baddha Kona	102	4 ' 50 "	
					Marichy III	303	4 ' 40 "	
					Ardha Malsyendra I	311	5 '	
					Mala I	321	1 ' 30 "	
10 "	Pasa	328			Pasa	328	20 "	
					Uttanapada	292	2 ' 20 "	
10 "	Urdhva Dhanura II	486			Urdhva Dhanura II	486	20 "	
					Uttan	48	4 ' 50 "	
					Sava	592	8 ' 10 "	
Les 26 tijd	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Bramari	28/112/56/112		Salamba Sirsa I	184	6 '
						Salamba Sirsa II	192	1 ' 40 "
			Mudra			Salamba Sirsa III	194	1 ' 40 "

	Maha		Badha Hasta Sirsa	198	1 ' 40 "
			Mukta Hasta Sirsa	200	1 ' 40 "
	Dhyana	tijd	Parsva Sirsa	202	5 ' 20 "
	AUM	35 '	Parivritaika Pada Sirsa	206	3 ' 20 "
			Ekapada Sirsa	208	5 ' 20 "
			Parsvaikapada Sirsa	210	3 ' 20 "
			Urdhva Padma in Sirsa	211	4 ' 10 "
			Parsva Urdhva Padma	215	3 ' 20 "
			Pinda in Sirsa	218	3 ' 20 "
			Salamba Sarvanga I	223	8 ' 10 "
			Salamba Sarvanga II	235	5 ' 20'
			Niralamba Sarvanga I	236	5 ' 20'
			Niralamba Sarvanga II	237	5 ' 20 "
			Hala	244	8 ' 20 "
			Karnapida	246	7 '
			Supta Kona	247	6 ' 10 "
			Parsva Hala	249	6 '
			Ekapada Sarvanga	250	6 ' 50 "
			Parsvaikapada Sarvanga	251	5 ' 50 "
			Parsva Sarvanga	254	1 ' 50 "
			Setubandha Sarvanga	259	3 ' 10 "
			Ekapada Setubandha Sarvanga	260	3 ' 10 "
			Urdhva Padma in Sarvanga	261	4 ' 10 "
			Pinda in Sarvanga	269	4 ' 10 "
			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 "
			Parivrita 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 "	
30 "	Pasa	328			Mala I	321	1' 40 "	
					Pasa	328	30 "	
30 "	Urdhva Dhanura II	486			Uttanapada	292	2' 30 "	
					Urdhva Dhanura II	486	30 "	
					Uttan	48	5' "	
					Sava	592	8' 20 "	
<b>Les 27 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Murcha	28/112/56/112		Salamba Sirsa I	184	6' 10 "
			Mudra			Salamba Sirsa II	192	1' 50 "
			Maha Bandha			Salamba Sirsa III	194	1' 50 "
						Badha Hasta Sirsa	198	1' 50 "
						Mukta Hasta Sirsa	200	1' 50 "
			Dhyana	tijd		Parsva Sirsa	202	5' 30 "
			AUM	35'		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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

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

40 "	Supta Vajra	124
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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 "
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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

40 "	Pasa	328
40 "	Urdhva Dhanura II	486

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 "

Les 28 tijd **Asana****ref. Pranayama ritme Theorie**

Murcha 28/112/56/112

Mudra  
Maha BandhaDhyana tijd  
AUM 35 '**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 "
Parsvaikapada Sirsa	210	3 ' 40 "
Urdhva Padma in Sirsa	211	4 ' 30 "
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 '



## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

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

50 " Supta Vajra 124

50 " Pasa 328

50 " Lrdhva Dhanura II 486

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 "
Garbha Pinda	116	3 ' 40 "
Goraksa	117	2 '
Padma	118	3 ' 40 "
Yoga Mudra	120	3 ' 40 "
Supta Vajra	124	50 "
Bheka	100	2 '
Baddha Kona	102	5 ' 20 "
Marichy III	303	5 ' 10 "
Ardha Matsyendra I	311	5 ' 30 "
Mala I	321	2 '
Pasa	328	50 "
Uttanapada	292	2 ' 50 "
Urdhva Dhanura II	486	50 "
Uttan	48	5 ' 20 "
Sava	592	8 ' 40 "

Les 29 tijd **Asana**

<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>
	Plavini	28/112/56/112	
	Mudra		
	Maha Vedha		
	Dhyana	tijd	

<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
Salamba Sirsa I	184	6 ' 30 "
Salamba Sirsa II	192	2 ' 10 "
Salamba Sirsa III	194	2 ' 10 "
Baddha Hasta Sirsa	198	2 ' 10 "
Mukta Hasta Sirsa	200	2 ' 10 "
Parsva Sirsa	202	5 ' 50 "

AUM 35'

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

Parivrittaika Pada Sirsa	206	3' 50"
Ekapada Sirsa	208	5' 50"
Parsvaikapada Sirsa	210	3' 50"
Urdhva Padma in Sirsa	211	4' 20"
Parsva Urdhva Padma	215	3' 50"
Pinda in Sirsa	218	3' 50"
Salamba Sarvanga I	223	8' 40"
Salamba Sarvanga II	235	5' 50"
Niralamba Sarvanga I	236	5' 50"
Niralamba Sarvanga II	237	5' 50"
Hala	244	8' 50"
Karnapida	246	7' 30"
Supta Kona	247	6' 40"
Parsva Hala	249	6' 40"
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'

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

					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 "	
1 '	Supta Vajra	124			Supta Vajra	124	1 '	
					Bheka	100	2 ' 10 "	
					Baddha Kona	102	5 ' 30 "	
					Marichy III	303	5 ' 20 "	
					Ardha Matsyendra I	311	5 ' 40 "	
1 '	Pasa	328			Mala I	321	2 ' 10 "	
					Pasa	328	1 '	
					Uttanapada	292	3 '	
1 '	Llrdhva Dhanura II	486			Urdhva Dhanura II	486	1 '	
					Uttan	48	5 ' 30 "	
					Sava	592	8 ' 50 "	
<b>Les 30 tijd</b>	<b>Asana</b>	<b>ref.</b>	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>	<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
			Plavini	28/112/56/112		Salamba Sirsa I	184	6 ' 40 "
						Salamba Sirsa II	192	2 ' 20 "
			Mudra			Salamba Sirsa III	194	2 ' 20 "
			Maha Vedha			Baddha Hasta Sirsa	198	2 ' 20 "
						Mukta Hasta Sirsa	200	2 ' 20 "
			Dhyana	tijd		Parsva Sirsa	202	6 '
			AUM	35 '		Parivrittaika Pada Sirsa	206	4 '
						Ekapada Sirsa	208	6 '
						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 ' 50 "
			Jatara Parivartan	275	6 ' 30 "
			Supta Padangustha	285	4 ' 50 "
			Ananta	290	2 ' 20 "
			Urdhva Prasarita Pada	276	4 ' 40 "
			Paschimottan	160	6 ' 50 "
			Parivritta Paschimottan	165	2 ' 20 "
			Urdhva Mukha Paschimottan I	168	3 ' 10 "
			Akarna Dhanura	173	3 ' 50 "
			Kurma	363	1 ' 10 "
			Supta Kurma	368	1 ' 10 "
			Ekapada Sirsa	371	1 ' 10 "
Skanda	372		Skanda	372	
			Bhujapida	348	1 ' 10 "
Astvakra	342		Astvakra	342	
Ekahasta Bhuj	344		Ekahasta Bhuj	344	
Dvihasta Bhuj	345		Dvihasta Bhuj	345	
Adhomukha Vrksa	359		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 ' 50 "
			Garbha Pinda	116	4 ' 50 "
			Goraksa	117	2 ' 20 "
			Baddha Padma	118	4 ' 50 "
			Yoga Mudra	120	4 ' 50 "
			Supta Vajra	124	1 ' 10 "
			Marichy III	303	5 ' 30 "
			Ardha Matsyendra 1	311	5 ' 50 "

Les 31 tijd **Asana****ref. Pranayama ritme Theorie**

Nadi Sodhana 32/128/64/128

Mudra  
KhecariDhyana tijd  
AUM 40'

Pasa	328	1 ' 10 "
Uttanapada	292	3 ' 10 "
Urdhva Dhanura II	486	1 ' 10 "
Uttan	48	5 ' 40 "
Sava	592	9 '

<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
Salamba Sirsa I	184	6 ' 50 "
Parsva Sirsa	202	6 ' 10 "
Parivrittaika Pada Sirsa	206	4 ' 10 "
Ekapada Sirsa	208	4 ' 10 "
Parsvaikapada Sirsa	210	4 ' 10 "
Urdhva Padma in Sirsa	211	4 ' 40 "
Parsva Urdhva Padma	215	4 ' 10 "
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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

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

Ekapada Sirsa	371	1 ' 20 "
Skanda	372	10 "
Bhujapida	348	1 ' 20 "
Astvakra	342	10 "
Ekahasta Bhujja	344	10 "
Dvihasta Bhujja	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 32 tijd Asana

ref.	<b>Pranayama</b>	<b>ritme</b>	<b>Theorie</b>
	Nadi Sodhana	32/128/64/128	
	Mudra		
	Khecari		
	Dhyana tijd		
	AUM	40 '	

<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
Salamba Sirsa I	184	7 '
Parsva Sirsa	202	6 ' 20 "
Parivrittaika Pada Sirsa	206	4 ' 20 "
Ekapada Sirsa	208	4 ' 20 "
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 "

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

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 "
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 "

Les 33 tijd **Asana****ref. Pranayama ritme Theorie**

Surya Bedhana 32/128/64/128

Mudra  
Uddiyana BandhaDhyana tijd  
AUM 40'

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 "

<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
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 "



## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

30 "	Skanda	372
30 "	Astavakra	342
30 "	Eka hasta Bhujā	344
30 "	Dvi hasta Bhujā	345
30 "	Adhomukha Vrksa	359

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 "
Astavakra	342	30 "
Eka hasta Bhujā	344	30 "
Dvi hasta 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 34 tijd Asana

ref.	<b>Pranayama ritme</b>	<b>Theorie</b>
	Surya Bedhana 32/128/64/128	
	Mudra	
	Uddiyana Bandha	
	Dhyana	tijd
	AUM	40 '

<b>Asana's thuis</b>	<b>ref.</b>	<b>tijd</b>
Salamba Sirsa I	184	7 ' 20 "
Parsva Sirsa	202	6 ' 40 "
Parivritaika Pada Sirsa	206	4 ' 40 "
Ekapada Sirsa	208	4 ' 40 "
Parsvaikapada Sirsa	210	4 ' 40 "
Urdhva Padma in Sirsa	211	5 ' 10 "
Parsva Urdhva Padma	215	4 ' 40 "
Pinda in Sirsa	218	4 ' 40 "

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

Salamba Sarvanga I	223	9 ' 30 "
Salamba Sarvanga II	235	6 ' 40 "
Niralamba Sarvanga I	236	6 ' 40 "
Niralamba Sarvanga II	237	6 ' 40 "
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 "
Parivrtta 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 Bhuj	344	40 "
Bhuj	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 35 tijd **Asana**

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Ujjayi	32/128/64/128		Salamba Sirsa I	184	7' 30"
	Mudra			Parsva Sirsa	202	6' 50"
	Mula Bandha			Parivrittaika Pada Sirsa	206	4' 50"
				Ekapada Sirsa	208	4' 50"
	Dhyana	tijd		Parsvaikapada Sirsa	210	4' 50"
	AUM	40'		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"

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

50 "	Skanda	372
50 "	Astavakra	342
50 "	Ekahasta Bhujā	344
50 "	Dvihasta Bhujā	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 Bhujā	344	50 "
Dvihasta Bhujā	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 36 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Ujjayi	32/128/64/128	Pratyahara	Salamba Sirsa I	184	7 ' 40 "
				Parsva Sirsa	202	7 '
	Mudra			Parivrittaika Pada Sirsa	206	5 '
	Mula Bandha			Ekapada Sirsa	208	5 '
				Parsvaikapada Sirsa	210	5 '

Dhyanatijd  
AUM 40'

1'	Skanda	372
1'	Astavakra	342
1'	Ekahasta Bhuja	344
1'	Dvihasta Bhuja	345
1'	Adhomukha Vrksa	359

Urdhva Padma in Sirsa	211	5' 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"
Skanda	372	1'
Bhujapida	348	2' 10"
Astavakra	342	1'
Ekahasta Bhuja	344	1'
Dvihasta Bhuja	345	1'
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 37 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	32/128/64/128	Buddhi	Salamba Sirsa I	184	7 ' 50 "
			Mudra			Parsva Sirsa	202	7 ' 10 "
			Jalandhara Bandha			Parivritaika Pada Sirsa	206	5 ' 10 "
			Dhyanatijd			Ekapada Sirsa	208	5 ' 10 "
			AUM 40'			Parsvaikapada Sirsa	210	5 ' 10 "
						Urdhva Padma in Sirsa	211	5 ' 40 "
						Parsva Urdhva Padma	215	5 ' 10 "
						Pinda in Sirsa	218	5 ' 10 "
						Adhomukha Vrksa	359	1 ' 10 "
	Mayura	354				Mayura	354	
	Padma Mayura	355				Padma Mayura	355	
	Nakra	68				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 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

Setubandha

296

Baka

406

Setubandha Sarvanga	259	5'
Ekapada Setubandha Sarvanga	260	5'
Urdhva Padma in Sarvanga	261	5'
Pinda in Sarvanga	269	6'
Parsva Pinda in Sarvanga	270	5' 10"
Jatara Parivartan	275	7' 40"
Supta Padangustha	285	5' 10"
Ananta	290	3' 30"
Uttanapada	292	4' 10"
Setubandha	296	
Urdhva Dhanura II	496	2' 20"
Marichy III	303	6' 30"
Ardha Matsyendra I	311	6' 50"
Pasa	328	2' 10"
Bhujapida	348	2' 20"
Astavakra	342	1' 10"
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"

Les 38 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	32/128/64/128	Indriyas	Salamba Sirsa I	184	8'
			Mudra			Parsva Sirsa	202	7' 20"
			Viparita Karani			Parivrittaika Pada Sirsa	206	5' 20"
			Dhyanatijd			Ekapada Sirsa	208	5' 20"
			AUM 40'			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"
						Uttanapada	292	4' 30"
10 "	Setubandha	296				Setubandha	296	10"
						Urdhva Dhanura II	486	2' 30"
						Maticy III	303	6' 50"



## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

10 " Baka

406

Ardha Matsyendra I	311	7 ' 10 "
Pasa	328	2 ' 30 "
Bhujapida	348	2 ' 30 "
Astavakra	342	1 ' 20 "
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 Kurna	368	2 ' 30 "
Ekapada Sirsa	371	2 ' 30 "
Skanda	372	1 ' 20 "
Baddha Kona	102	3 ' 30 "
Bheka	100	1 ' 20 "
Supta Vira	96	2 ' 30 "
Sava	592	10 ' 20 "

Les 79 tijd Asana

ref.	Pranayama	ritme	Theorie
	Sitali	32/128/64/128	Manas
	Mudra		
	Viparita Karani		
	Dhyanatijd		
	AUM	40'	

ref.	tijd
184	8 ' 10 "
202	7 ' 20 "
206	5 ' 20 "
208	5 ' 20 "
210	5 ' 20 "
211	5 ' 50 "
215	5 ' 20 "
218	5 ' 20 "

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

20 "	Mayura	354
20 "	Padma Mayura	355
20 "	Nakra	68

20 "	Setubandha	296
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20 "	Baka	406
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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 "
Setubandha	296	20 "
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 '

Les 40 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitali	32/128/64/128	samenvatting	Salamba Sirsa I	184	8' 20"
			Mudra			Parsva Sirsa	202	7' 30"
			Vajroli			Parivrittaika Pada Sirsa	206	5' 30"
			Dhyanatijd			Ekapada Sirsa	208	5' 30"
			AUM 40'			Pasvaikapada Sirsa	210	5' 30"
30 "	Mayura	354				Urdhva Padma in Sirsa	211	5' 30"
30 "	Padma Mayura	355				Parsva Urdhva Padma	215	5' 30"
30 "	Nakra	68				Pinda in Sirsa	218	5' 30"
						Adhomukha Vrksa	359	1' 30"
						Mayura	354	30"
						Padma Mayura	355	30"
						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"
						Kamapida	246	9' 20"
						Supta Kona	247	8' 30"
						Parsva Hala	249	8' 30"
						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"

## Raja Yoga Limmen

## Lesrooster

## Gevorderde lessen

			Ekapada Sarvanga	250	9' 10"
			Parsvaikapada Sarvanga	251	8' 10"
			Parsva Sarvanga	254	4'
			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"
			Astavakra	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	4' 50"
			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"

Raja Yoga Limmen

Lesrooster

Gevorderde lessen

Skanda	372	1 ' 40 "
Baddha Kona	102	3 ' 50 "
Bheka	100	1 ' 40 "
Supta Vira	96	2 ' 50 "
Sava	592	10 ' 40 "