

Sanskrit Name of Asana or Pranayama

English translation of Sanskrit Name

Alternate Names (if any)

Unit xx Intro. II

Classification: according to Gem, pp. 95-105, and/or Preliminary Course, and/or Intermediate Course

Main Joint Movements:

References

- LoY at
- LoP at
- Gem at
- PC at
- IC at
- [and/or other sources as appropriate]

Insert picture of self

doing

asana or

pranayama.

Key Points

- List 3-5 Key Points to get the shape of the pose.
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Common Teaching Points

- List 2-3 Common Teaching Points.
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Key Benefits

- List the benefits of the pose.
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Contraindications

- List contraindications for the pose.
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Modifications

- Describe modifications for Neck and shoulder pain, Sore knees, Sore backs, Sore hips, Menstruation, etc.

More

- Include additional useful information.
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