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]

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

Common Teaching Points
• List 2-3 Common Teaching Points.

Key Benefits
• List the benefits of the pose.

Contraindications
• List contraindications for the pose.

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

More
• Include additional useful information.