

Dr. Hari Pallathery Classical Hatha Yoga

General practice notes: Between each asana take 1-3 minutes of relaxation either śavāsana or advāsana. For standing poses use Mountain pose (tadāsana) for seated poses use any comfortable seated position. Other postures can be added as well particularly side twist. Modify poses as needed and skip plough if its too “advanced” for you or your students. Complete class with deep relaxation (Yoga Nidra), Pranayama and Meditation.

Warm up followed by 4 to 12 rounds of Sun Salutations







11. c Switch legs in
triangle pose. Right
Hand first Left hand
second

