

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

- 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](#) en daarbij het gratis te downloaden e-boek [Subtiële Anatomie](#) van Phillippe 'Ajita' Barbier

Les 1	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
				Sitkari	24/96/48/96	maha (HYP)	Vira	89	3'
						pranayama=	Supta Vira	96	2'
				Mudra		uitwendige	Paryanka	97	2'
				Maha		tekenen	Janusirsa	127	3' 20"
						van lenigheid	Ardha Baddha Padma Paschimottan	135	2' 30"
				Dhyana	tijd		Triangmukhaikapada Paschimottan	139	2' 30"
	30"	Krouncha	141	AUM	35'	asana	Krouncha	141	30"
						beoefening	Marichy I	144	2' 30"
						hoeft minder	Paschimottan	160	3' 20"
							Padma	104	2'
						klopt dat?	Parvata	107	2'
							Tola	108	2'
							Simha I	109	2'
							Matsya	113	1' 20"
	30"	Kukkuta	115			mudra kiezen?	Kukkuta	115	30"
	30"	Garbha Pinda	116				Garbha Pinda	116	30"
	30"	Baddha Padma	118				Baddha Padma	118	30"
	30"	Upavista Kona	151			lesjaar 1	Upavista Kona	151	30"
	30"	Akarna Dhanura	173			spanning,...	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
				Sitkari	24/96/48/96	aum(hatha/raja)	Salamba Sirsa I	184	3' 20"
	40"	Urdhva Danda	188				Urdhva Danda	188	40"
				Mudra			Parsva Sirsa	202	2' 40"

40 "	Parivrittaika Pada Sirsa	206	Maha		hatha=sneltrein	Parivrittaika Pada Sirsa	206	40 "
40 "	Parsvaikapada Sirsa	210	Dhyana	tijd	makkelijk, een	Ekapada Sirsa	208	2 ' 40 "
40 "	Parsva Urdhva Padma	215	AUM	35 '	klooster, geen	Parsvaikapada Sirsa	210	40 "
					reflectie, t'leven	Urdhva Padma in Sirsa	211	1 ' 30 "
					is vreemd	Parsva Urdhva Padma	215	40 "
						Salamba Sarvanga I	223	5 ' 30 "
					raja=laveren,	Salamba Sarvanga II	235	2 ' 40 "
					spelen met 't	Niralamba Sarvanga I	236	2 ' 40 "
					leven/raj,tamas	Niralamba Sarvanga II	237	2 ' 40 "
					meesterschap,	Hala	244	5 ' 40 "
					kind in je jezelf	Karnapida	246	4 ' 20 "
						Supta Kona	247	3 ' 30 "
						Parsva Hala	249	3 ' 10 "
					medatie	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 "
Les 3	tijd		Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
40 "	Asana ref.		Sitali	24/96/48/96	maha bandha	Supta Padangustha	285	40 "
	Supta Padangustha	285	Mudra		(HYP)	Chakra	280	1 ' 50 "
			Maha Bandha		gebruik de oef	Paripurna Nava	78	3 ' 30 "
					jij bepaald!!! lef	Ardha Nava	79	3 ' 30 "
			Dhyana	tijd		Ustra	41	3 ' 10 "
			AUM	35 '	laat je ziel in de	Vira	89	3 ' 10 "
					stof komen	Supta Vira	96	2 ' 10 "
						Paryanka	97	2 ' 10 "
						Janusirsa	127	3 ' 30 "
					maak de beoef.	Ardha Baddha Padma Paschimottan	135	2 ' 40 "
					heilig	Triangmukhaikapada Paschimottan	139	2 ' 40 "
40 "	Krouncha	141				Krouncha	141	40 "
					typisch een	Marichy I	144	2 ' 40 "
					mudra, je stijgt	Paschimottan	160	3 ' 30 "
					boven de	Padma	104	2 ' 10 "
					dualiteit	Parvata	107	2 ' 10 "
						Tola	108	2 ' 10 "

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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	sushuma/ kundalini	Salamba Sirsa I Urdhva Danda	184 188	3 ' 30 " 50 "
	50 "	Parivrittaika Pada Sirsa	206	Mudra Maha Bandha		genoeg sattva	Parsva Sirsa Parivrittaika Pada Sirsa	202 206	2 ' 50 " 50 "
	50 "	Parsvaikapada Sirsa	210	Dhyana AUM	tijd 35 '	pranayama= tijdens asana om sattvischer te worden	Ekapada Sirsa Parsvaikapada Sirsa Urdhva Padma in Sirsa Parsva Urdhva Padma	208 210 211 215	2 ' 50 " 50 " 1 ' 40 " 50 "
	50 "	Parsva Urdhva Padma	215				Salamba Sarvanga I Salamba Sarvanga II Niralamba Sarvanga I Niralamba Sarvanga II	223 235 236 237	5 ' 40 " 2 ' 50 " 2 ' 50 " 2 ' 50 "
						zit je goed?	Hala Karnapida Supta Kona Parsva Hala Ekapada Sarvanga Parsvaikapada Sarvanga Urdhva Padma in Sarvanga Pinda in Sarvanga Parsva Pinda in Sarvanga Setubandha Sarvanga	244 246 247 249 250 251 261 269 270 259	5 ' 50 " 4 ' 30 " 3 ' 40 " 3 ' 20 " 4 ' 30 " 3 ' 20 " 1 ' 40 " 1 ' 40 " 50 " 50 "
	50 "	Parsva Pinda in Sarvanga	270						
	50 "	Setubandha Sarvanga	259						

	50 "	Ekapada Setubandha Sarvanga	260			Ekapada Setubandha Sarvanga	260	50 "	
						Jatara Parivartan	275	4 ' 30 "	
Les 5	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	50 "	Supta Padangustha	285	Bhastrika	48/96/24/96	maha vedha (HYP)	Supta Padangustha	285	50 "
				Mudra			Utthita Trikona	4	2 ' 50 "
				Maha Vedha		rajas/tamas zijn uitingen van de dualiteit	Parivritta trikona	6	2 ' 30 "
				Dhyana	tijd		Utthita Parsvakona	8	2 ' 50 "
				AUM	45 '		Parivritta Parsvakona	10	1 ' 30 "
						na de aum speel ermee	Virabhadra I	14	2 ' 50 "
							Virabhadra II	15	2 ' 50 "
							Virabhadrasana III	17	1 ' 40 "
							Ardha Chandra	19	2 ' 50 "
							Parsvottan	26	2 ' 50 "
	1 '	Padangustha	44				Padangustha	44	1 '
	1 '	Padahasta	46				Padahasta	46	1 '
							Uttan	48	3 ' 40 "
		Utthita Hasta Padangustha	23				Utthita Hasta Padangustha	23	
		Ardha Baddha Padmottan	52				Ardha Baddha Padmottan	52	
Les 6	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
		Vatayan	58	Bhastrika	48/96/24/96	hemel naar de aarde, ontvolm.	Vatayan	58	
				Mudra			Janusirsa	127	3 ' 40 "
		Parivritta Janusirsa	132	Maha Vedha		volmaakt maken	Parivritta Janusirsa	132	
	50 "	Krouncha	141			wees blij ermee	Ardha Baddha Padma Paschimottan	135	2 ' 50 "
				Dhyana	tijd		Krouncha	141	50 "
				AUM	45 '	leer ophouden het stuurwiel vast te houden	Marichy I	144	2 ' 50 "
		Urdhvamukha Paschimottan II	170				Paschimottan	160	3 ' 40 "
	50 "	Baddha Padma	118				Urdhvamukha Paschimottan II	170	
	50 "	Kukkuta	115			ontvang god, leef ervoor	Baddha Padma	118	50 "
							Kukkuta	115	50 "
Les 7	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	50 "	Garbha Pinda	116	Bhramari	24/96/48/96	khecari (HYP)	Garbha Pinda	116	50 "
		Simha II	110			hoe smaakt het?	Simha II	110	
				Mudra		een kind leeft vanuit de ziel	Matsya	113	1 ' 40 "
				Khecari			Baddha Kona	102	2 ' 50 "
	50 "	Upavista Kona	151				Upavista Kona	151	50 "
	50 "	Akarna Dhanura	173	Dhyana	tijd	verbonden met	Akarna Dhanura	173	50 "

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Les 8	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
		Uttanapada	292			de oorsprong	Marichy III Ardha Matsyendra I	303 311	2' 20 " 2' 20 "
						dans vooral	Uttanapada	292	
						wanneer je het	Salabha	60	3' 40 "
						zwaar hebt	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
	1'	Urdhva Danda	188	Bhramari	24/96/48/96	ruimte, richting tijd	Salamba Sirsa I Urdhva Danda Parsva Sirsa	184 188 202	3' 40 " 1' 3'
	1'	Parivrittaika Pada Sirsa	206	Mudra Khecari		eerst was er het woord, geen guna's	Parivrittaika Pada Sirsa Ekapada Sirsa Parsvaikapada Sirsa	206 208 210	1' 3' 1'
	1'	Parsvaikapada Sirsa	210	Dhyana AUM	tijd 35'		Urdhva Padma in Sirsa Parsva Urdhva Padma	211 215	1' 50 " 1'
	1'	Parsva Urdhva Padma	215			wanneer je toeschouwer bent dan kan je ze loslaten	Salamba Sarvanga I Salamba Sarvanga II Niralamba Sarvanga I Niralamba Sarvanga II Hala Karnapida Supta Kona Parsva Hala Ekapada Sarvanga Parsvaikapada Sarvanga Urdhva Padma in Sarvanga Pinda in Sarvanga Parsva Pinda in Sarvanga	223 235 236 237 244 246 247 249 250 251 261 269 270	5' 50 " 3' 3' 3' 6' 4' 40 " 3' 50 " 3' 40 " 4' 30 " 3' 30 " 1' 50 " 1' 50 " 1'
	1'	Parsva Pinda in Sarvanga	270					270	1'
Les 9	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	1'	Setubandha Sarvanga	259	Murcha	24/96/48/96	uddiyana	Setubandha Sarvanga	259	1'
	1'	Ekapada Setubandha Sarvanga	260			bandha (HYP)	Ekapada Setubandha Sarvanga Jatara Parivartan	260 275	1' 4' 40 "
	1'	Supta Padangustha	285	Mudra Uddiyana Bandha			Supta Padangustha Utthita Trikona Parivritta trikona	285 4 6	1' 3' 2' 40 "
				Dhyana	tijd				

			AUM	35 '	rust is sterker dan onrust	Utthita Parsvakona Parivritta Parsvakona Virabhadra I	8 10 14	3 ' 1 ' 40 " 3 '	
					toevluchtoord	Virabhadra II Virabhadrasana III Ardha Chandra Parsvottan Padangustha Padahasta Uttan	15 17 19 26 44 46 48	3 ' 1 ' 50 " 3 ' 3 ' 1 ' 10 " 1 ' 10 " 3 ' 50 "	
10 "	Utthita Hasta Padangustha	23				Utthita Hasta Padangustha	23	10 "	
10 "	Ardha Baddha Padmottan	52				Ardha Baddha Padmottan	52	10 "	
10 "	Vatayan	58				Vatayan	58	10 "	
Les 10	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
10 "		Parivritta Janusirsa	132	Murcha	24/96/48/96	yama, zie map	Janusirsa Parivritta Janusirsa	127 132	3 ' 50 " 10 "
1 '		Krouncha	141	Mudra Uddiyana Bandha		maak hier steeds meer ruimte voor	Ardha Baddha Padma Paschimottan Krouncha Marichy I Paschimottan	135 141 144 160	3 ' 1 ' 3 ' 3 ' 50 "
10 "		Urdhvamukha Paschimottan II	170	Dhyana AUM	tijd 35 '	wat weet je nog?	Urdhvamukha Paschimottan II	170	10 "
1 '		Baddha Padma	118			wat heb je	Baddha Padma	118	1 '
1 '		Kukkuta	115	yama/niyama		geleerd?	Kukkuta	115	1 '
Les 11	tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	Tijd
1 '		Garbha Pinda	116	Plavini	24/96	mula bandha	Garbha Pinda	116	1 '
10 "		Simha II	110	Mudra Mula Bandha		(HYP) yama, zie map	Simha II Matsya Baddha Kona	110 113 102	10 " 1 ' 50 " 3 '
1 '		Upavista Kona	151			de lessen van	Upavista Kona	151	1 '
1 '		Akarna Dhanura	173	Dhyana AUM	tijd 35 '	het leven	Akarna Dhanura Marichy III Ardha Matsyendra I	173 303 311	1 ' 2 ' 30 " 2 ' 30 "
10 "		Uttanapada	292	yama/niyama			Uttanapada Salabha Dhanura	292 60 63	10 " 3 ' 50 " 3 ' 50 "
1 '		Parsva Dhanura	64				Parsva Dhanura	64	1 '
10 "		Urdhva Dhanura I	482				Urdhva Dhanura I	482	10 "

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Les 12 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Plavini	24/96	niyama, zie map	Salamba Sirsa I	592	6'
			Mudra		wat weet je nog?	Urdhva Danda	188	1' 10"
			Mula Bandha		wat heb je nodig?	Parsva Sirsa	202	3' 10"
			Dhyana	tijd		Parivrita Pada Sirsa	206	1' 10"
			AUM	35'	voel jij kracht?	Ekapada Sirsa	208	3' 10"
			yama/niyama		4 stadia...	Parsvaikapada Sirsa	210	1' 10"
						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"
						Parivrita trikona	6	2' 50"
						Utthita Parsvakona	8	3' 10"
						Parivrita 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"

				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 "

Les 13 tijd	Asana	ref.	Pranayama ritme	Theorie	Asana's thuis	ref.	tijd
			Nadi Sodhana 28/112/56/112	jalandhara	Salamba Sirsa I	184	4 ' 40 "
	Salamba Sirsa II	192		bandha (HYP)	Salamba Sirsa II	192	
	Salamba Sirsa III	194	Mudra		Salamba Sirsa III	194	
	Baddha Hasta Sirsa	198	Jalandhara Bandha	niyama, zie map	Baddha Hasta Sirsa	198	
	Mukta Hasta Sirsa	200			Mukta Hasta Sirsa	200	
			Dhyana tijd		Parsva Sirsa	202	4 '
			AUM 40'	het leven is één	Parivritaika Pada Sirsa	206	2 '
				groot circus met	Ekapada Sirsa	208	4 '
				jezelf als clown	Parsvaikapada Sirsa	210	2 '

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		clown is rajās - Urdhva Padma in Sirsa	211	2 ' 50 "
		gek – niet te Parsva Urdhva Padma	215	2 '
		volgen – wel Pinda in Sirsa	218	2 '
		inspirerend - Salamba Sarvanga I	223	6 ' 50 "
		zorgt voor Salamba Sarvanga II	235	4 '
		evenwicht Niralamba Sarvanga I	236	4 '
		Niralamba Sarvanga II	237	4 '
		Hala	244	7 '
		Karnapida	246	5 ' 40 "
		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 '
		Supta Padangustha	285	2 '
Ananta	290	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 "
1 '	Urdhva Dhanura I	482			Parsva Dhanura	64	1 ' 50 "
					Urdhva Dhanura I	482	1 '
					Sava	592	6 ' 50 "
Les 14 tijd	Asana	ref.	Pranayama ritme	Theorie	Asana's thuis	ref.	tijd
			Nadi Sodhana 28/112/56/112	stijl en techniek	Salamba Sirsa I	184	5 ' 30 "
				is een gevange-	Salamba Sirsa II	192	1 ' 10 "
			Mudra	nis, oefen niet	Salamba Sirsa III	194	1 ' 10 "
			Jalandhara Bandha	als een robot	Baddha Hasta Sirsa	198	1 ' 10 "
					Mukta Hasta Sirsa	200	1 ' 10 "
			Dhyana tijd	oprechtheid	Parsva Sirsa	202	4 ' 50 "
			AUM 40 '	wat heb ik nodig	Parivrittaika Pada Sirsa	206	2 ' 50 "
				sluit alle ramen	Ekapada Sirsa	208	4 ' 50 "
			Pratyahara	wacht	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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

Bhujapida	348
Kurma	363
Supta Kurma	368
Ekapada Sirsa	371

Supta Vajra	124
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Pasa	328
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Urdhva Dhanura II	486
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Paschimottan	160	5 ' 40 "
Parivritta Paschimotan	165	1 ' 10 "
Urdhva Mukha Paschimottan I	168	2 '
Akarna Dhanura	173	2 ' 40 "
Bhujapida	348	
Kurma	363	
Supta Kurma	368	
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 15 tijd

Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Surya Bedhana	28/112/56/112	viparita karani (HYP)	Salamba Sirsa I	184	6 ' 40 "
	Mudra			Salamba Sirsa II	192	2 ' 20 "
	Viparita Karani		schildpad	Salamba Sirsa III	194	2 ' 20 "
				Baddha Hasta Sirsa	198	2 ' 20 "
				Mukta Hasta Sirsa	200	2 ' 20 "
	Dhyana	tijd		Parsva Sirsa	202	6 '
	AUM	40 '		Parivrittaika Pada Sirsa	206	4 '

	Pratyahara	Ekapada Sirsa	208	6'
		verstand is de Parsvaikapada Sirsa	210	4'
		heer van de Urdhva Padma in Sirsa	211	4' 30"
		znnen, prana is Parsva Urdhva Padma	215	4'
		de heer van het Pinda in Sirsa	218	4'
		verstand, fusie Salamba Sarvanga I	223	8' 50"
		is de heer van Salamba Sarvanga II	235	6'
		prana Niralamba Sarvanga I	236	6'
		Niralamba Sarvanga II	237	6'
		fusie (laya) = Hala	244	9'
		gelukzalig Karnapida	246	7' 40"
		bevrijde Supta Kona	247	6' 50"
		toestand 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'
		Jatara Parivartan	275	6' 30"
		Supta Padangustha	285	4'
		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"

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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 ' "
Garbha Pinda	116	4 ' "
Goraksa	117	2 ' 20 ' "
Baddha Padma	118	4 ' "
Yoga Mudra	120	4 ' "
Supta Vajra	124	1 ' 10 "
Marichy III	303	5 ' 30 "
Ardha Matsyendra 1	311	5 ' 50 "
Pasa	328	1 ' 10 "
Uttanapada	292	3 ' 10 "
Urdhva Dhanura II	486	1 ' 10 "
Uttan	48	5 ' 40 "
Sava	592	9 ' "

Les 16 tijd Asana

ref.	Pranayama ritme	Theorie	Asana's thuis	ref.	tijd
	Surya Bedhana 28/112/56/112	voel je niet goed	Salamba Sirsa I	184	4 ' "
	Mudra	herstel jezelf	Urdhva Danda	188	1 ' 20 "
	Viparita Karani	stilte is genezen	Parsva Sirsa	202	3 ' 20 "
		ziekenhuis vb	Parivrittaika Pada Sirsa	206	1 ' 20 "
	Dhyana tijd		Ekapada Sirsa	208	3 ' 20 "
	AUM 40 ' "		Parsvaikapada Sirsa	210	1 ' 20 "
	soorten pratyahara		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"
			Baddha Padma	118	1' 20"
			Kukkuta	115	1' 20"
			Garbha Pinda	116	1' 20"
30"	Simha II	110	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"
			Ardha Matsyendra I	311	2' 50"

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

30 "	Uttanapada	292				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 "
Les 17 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Ujjayi	28/112/56/112	sahajoli (HYP)	Salamba Sirsa I	184	4 ' 50 "
10 "	Salamba Sirsa II	192				Salamba Sirsa II	192	10 "
10 "	Salamba Sirsa III	194	Mudra		waarom vers.	Salamba Sirsa III	194	10 "
10 "	Baddha Hasta Sirsa	198	Sahajoli		soorten?	Baddha Hasta Sirsa	198	10 "
10 "	Mukta Hasta Sirsa	200				Mukta Hasta Sirsa	200	10 "
			Dhyana	tijd		Parsva Sirsa	202	4 ' 10 "
			AUM	40 '		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 "
10 "	Parsva Sarvanga	254				Parsva Sarvanga	254	10 "
						Setubandha Sarvanga	259	2 ' 10 "
						Ekapada Setubandha Sarvanga	260	2 ' 10 "
						Urdhva Padma in Sarvanga	261	3 '
10 "	Parsva Urdhva Padma in Sarvanga	264				Parsva Urdhva Padma in Sarvanga	264	10 "
						Pinda in Sarvanga	269	3 '
						Parsva Pinda in Sarvanga	270	2 ' 10 "
						Supta Padangustha	285	2 ' 10 "
10 "	Ananta	290				Ananta	290	10 "

10 "	Parivritta Paschimottana	165			Paschimottan	160	5'
					Parivritta Paschimottana	165	10"
					Janusirsa	127	5'
					Parivritta Janusirsa	132	1' 20"
					Krouncha	141	2' 10"
					Akarna Dhanura	173	2' 10"
10 "	Yoga Mudra	120			Baddha Padma	118	2' 10"
					Yoga Mudra	120	10"
					Kukkuta	115	2' 10"
					Garbha Pinda	116	2' 10"
					Simha II	110	1' 20"
					Matsya	113	3'
					Baddha Kona	102	4' 10"
					Ardha Matsyendra I	311	3' 40"
10 "	Marichy IV	305			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'

Les 18 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Ujjayi	28/112/56/112	ze zijn een	Salamba Sirsa I	184	5' 40"
			Mudra		spiegel van je	Salamba Sirsa II	192	1' 20"
			Sahajoli		ontwikkeling	Salamba Sirsa III	194	1' 20"
					onthecht je van	Badha Hasta Sirsa	198	1' 20"
			Dhyana	tijd	de vorm	Mukta Hasta Sirsa	200	1' 20"
			AUM	40'		Parsva Sirsa	202	5'
					vaststellen van	Parivrittaika Pada Sirsa	206	3'
			Klesha		een probleem	Ekapada Sirsa	208	5'
					betekend dat je	Parsvaikapada Sirsa	210	3'
					in de toe-	Urdhva Padma in Sirsa	211	3' 50"
					schouwer bent	Parsva Urdhva Padma	215	3'
						Pinda in Sirsa	218	3'
						Salamba Sarvanga I	223	7' 50"
						Salamba Sarvanga II	235	5'
						Niralamba Sarvanga I	236	5'

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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

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"
Baddha Kona	102	4' 40"

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

Les 19 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	28/112/56/112	vajroli (HYP)	Salamba Sirsa I	184	6 ' 50 "
						Parsva Sirsa	202	6 ' 10 "
			Mudra		heb jij nu	Parivrittaika Pada Sirsa	206	4 ' 10 "
			Vajroli		uitdagingen?	Ekapada Sirsa	208	4 ' 10 "
						Parsvaikapada Sirsa	210	4 ' 10 "
			Dhyana	tijd		Urdhva Padma in Sirsa	211	4 ' 40 "
			AUM	40 '	willen plukken	Parsva Urdhva Padma	215	4 ' 10 "
					van de vruchten	Pinda in Sirsa	218	4 ' 10 "
			Klesha		is dalen naar	Salamba Sarvanga I	223	9 '
					de stof	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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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

Akarna Dhanura	173	4 '
Kurma	363	1 ' 20 "
Supta Kurma	368	1 ' 20 "
Ekapada Sirsa	371	1 ' 20 "
Skanda	372	10 "
Bhujapida	348	1 ' 20 "
Astvakra	342	10 "
Ekahasta Bhuja	344	10 "
Dvihasta Bhuja	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 20 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	28/112/56/112	gebruik het	Salamba Sirsa I	184	4 ' 10 "
			Mudra		geziene om	Urdhva Danda	188	1 ' 30 "
			Vajroli		naar de ziener	Parsva Sirsa	202	3 ' 30 "
					te komen	Parivrittaika Pada Sirsa	206	1 ' 30 "
			Dhyana	tijd	meditatie op	Ekapada Sirsa	208	3 ' 30 "
			AUM	40 '	hondenstront	Parsvaikapada Sirsa	210	1 ' 30 "
						Urdhva Padma in Sirsa	211	2 ' 20 "
						Parsva Urdhva Padma	215	1 ' 30 "

Klesha

			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 ' 00 "
			Parsvaikapada Sarvanga	251	4 ' 00 "
			Urdhva Padma in Sarvanga	261	2 ' 20 "
			Pinda in Sarvanga	269	2 ' 20 "
			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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

40 "	Urdhvamukha Paschimottan II	170
40 "	Simha II	110
40 "	Uttanapada	292
40 "	Urdhva Dhanura I	482

Urdhvamukha Paschimottan II	170	40 "
Baddha Padma	118	1 ' 30 "
Kukkuta	115	1 ' 30 "
Garbha Pinda	116	1 ' 30 "
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 '
Uttanapada	292	40 "
Salabha	60	4 ' 20 "
Dhanura	63	4 ' 20 "
Parsva Dhanura	64	1 ' 30 "
Urdhva Dhanura I	482	40 "
Sava	592	6 ' 30 "

Les 21 tijd

Asana

ref.

Pranayama

ritme

Theorie

Asana's thuis

ref.

tijd

20 "	Salamba Sirsa II	192	Sitali	28/112/56/112	amaroli (HYP)	Salamba Sirsa I	184	5 '
20 "	Salamba Sirsa III	194	Mudra			Salamba Sirsa II	192	20 "
20 "	Baddha Hasta Sirsa	198	Amaroli		de asana's	Salamba Sirsa III	194	20 "
20 "	Mukta Hasta Sirsa	200			zijn er om je	Baddha Hasta Sirsa	198	20 "
			Dhyana	tijd	leven zuur te	Mukta Hasta Sirsa	200	20 "
			AUM	40 '	maken, te	Parsva Sirsa	202	4 ' 20 "
			Klesha		confronteren	Parivrittaika Pada Sirsa	206	2 ' 20 "
					met je ego.	Ekapada Sirsa	208	4 ' 20 "
					Het moet niet	Parsvaikapada Sirsa	210	2 ' 20 "
					uitmaken welke	Urdhva Padma in Sirsa	211	3 ' 10 "
					Asana je krijgt	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 '

20 "	Parsva Sarvanga	254	Ekapada Sarvanga	250	5 ' 50 "
			Parsvaikapada Sarvanga	251	4 ' 50 "
			Parsva Sarvanga	254	20 "
			Setubandha Sarvanga	259	2 ' 20 "
20 "	Parsva Urdhva Padma in Sarvanga	264	Ekapada Setubandha Sarvanga	260	2 ' 20 "
			Urdhva Padma in Sarvanga	261	3 ' 10 "
			Parsva Urdhva Padma in Sarvanga	264	20 "
			Pinda in Sarvanga	269	3 ' 10 "
20 "	Ananta	290	Parsva Pinda in Sarvanga	270	2 ' 20 "
			Supta Padangustha	285	2 ' 20 "
20 "	Parivritta Paschimottana	165	Ananta	290	20 "
			Paschimottan	160	5 ' 10 "
20 "	Yoga Mudra	120	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 "
			Yoga Mudra	120	20 "
			Kukkuta	115	2 ' 20 "
			Garbha Pinda	116	2 ' 20 "
			Simha II	110	1 ' 30 "
20 "	Marichy IV	305	Matsya	113	3 ' 10 "
			Baddha Kona	102	4 ' 20 "
			Ardha Matsyendra I	311	3 ' 50 "
			Marichy III	303	3 ' 50 "
			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 22 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitali	28/112/56/112	intuïtie, durf te wachten, open	Salamba Sirsa I	184	5 ' 50 "
			Mudra			Salamba Sirsa II	192	1 ' 30 "
			Amaroli		lotus	Salamba Sirsa III	194	1 ' 30 "
						Badha Hasta Sirsa	198	1 ' 30 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

	Dhyana AUM	tijd 40'				
			herhaling vritti	Mukta Hasta Sirsa	200	1' 30"
				Parsva Sirsa	202	5' 10"
			jk= klopt wel	Parivrittaika Pada Sirsa	206	3' 10"
			breng naar	Ekapada Sirsa	208	5' 10"
			rechtstreeks	Parsvaikapada Sirsa	210	3' 10"
				Urdhva Padma in Sirsa	211	4'
			ok= klopt niet	Parsva Urdhva Padma	215	3' 10"
				Pinda in Sirsa	218	3' 10"
			verbeelding	Salamba Sarvanga I	223	8'
			voel je niet,	Salamba Sarvanga II	235	5' 10'
			ga naar atman	Niralamba Sarvanga I	236	5' 10'
				Niralamba Sarvanga II	237	5' 10"
			slaap = alleen	Hala	244	8' 10"
			wanneer je het	Karnapida	246	6' 50"
			voelt	Supta Kona	247	6'
				Parsva Hala	249	5' 50"
			geheugen=	Ekapada Sarvanga	250	6' 40"
			geen belang	Parsvaikapada Sarvanga	251	5' 40"
			hechten	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"
				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 "
20 "	Supta Vajra	124		Yoga Mudra	120	3 ' 10 "
				Supta Vajra	124	20 "
				Bheka	100	1 ' 30 "
				Baddha Kona	102	4 ' 50 "
				Marichy III	303	4 ' 40 "
				Ardha Malsyendra I	311	5 '
20 "	Pasa	328		Mala I	321	1 ' 30 "
				Pasa	328	20 "
20 "	Urdhva Dhanura II	486		Uttanapada	292	2 ' 20 "
				Urdhva Dhanura II	486	20 "
				Uttan	48	4 ' 50 "
				Sava	592	8 ' 10 "

Les 23 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Bhastrika	28/112/56/112	begeerte naar atman, je bent atman	Salamba Sirsa I	184	7 '
			Mudra			Parsva Sirsa	202	6 ' 20 "
			Amaroli			Parivrittaika Pada Sirsa	206	4 ' 20 "
						Ekapada Sirsa	208	4 ' 20 "
						Parsvaikapada Sirsa	210	4 ' 20 "
			Dhyana	tijd		Urdhva Padma in Sirsa	211	4 ' 50 "
			AUM	40 '		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 "
						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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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

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 "
Astvakra	342	20 "
Ekahasta Bhuj	344	20 "
Dvihasta Bhuj	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 "
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 '

Les 24 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Bhramari	28/112/56/112	sakti calana (HYP)	Salamba Sirsa I	184	4 ' 20 "
			Mudra			Urdhva Danda	188	1 ' 40 "
			Sakti Calana			Parsva Sirsa	202	3 ' 40 "
						Parivrittaika Pada Sirsa	206	1 ' 40 "
			Dhyana	tijd	yoga is weten-	Ekapada Sirsa	208	3 ' 40 "
			AUM	40 '	schappelijk	Parsvaikapada Sirsa	210	1 ' 40 "
					proces = volg	Urdhva Padma in Sirsa	211	2 ' 30 "
			Asana Chakra		je vooruitgang	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 "
						Ardha Chandra	19	3 ' 40 "
						Parsvottan	26	3 ' 40 "
						Padangustha	44	1 ' 50 "

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Vervolgjaar 2

50 "	Utthita Hasta Padangustha	23
50 "	Ardha Baddha Padmottan	52
50 "	Vatayan	58
50 "	Parivritta Janusirsa	132
50 "	Urdhvamukha Paschimottan II	170
50 "	Simha II	110
50 "	Uttanapada	292
50 "	Urdhva Dhanura I	482

Padahasta	46	1 ' 50 "
Uttan	48	4 ' 30 "
Utthita Hasta Padangustha	23	50 "
Ardha Baddha Padmottan	52	50 "
Vatayan	58	50 "
Janusirsa	127	4 ' 30 "
Parivritta Janusirsa	132	50 "
Ardha Baddha Padma Paschimottan	135	3 ' 40 "
Krouncha	141	1 ' 40 "
Marichy I	144	3 ' 40 "
Paschimottan	160	4 ' 30 "
Urdhvamukha Paschimottan II	170	50 "
Baddha Padma	118	1 ' 40 "
Kukkuta	115	1 ' 40 "
Garbha Pinda	116	1 ' 40 "
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 "
Uttanapada	292	50 "
Salabha	60	4 ' 30 "
Dhanura	63	4 ' 30 "
Parsva Dhanura	64	1 ' 40 "
Urdhva Dhanura I	482	50 "
Sava	592	6 ' 40 "

Les 25 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Bhramari	28/112/56/112	st 1: weigering	Salamba Sirsa I	184	5'
30 "	Salamba Sirsa II	192			2 concentratie	Salamba Sirsa II	192	30 "
30 "	Salamba Sirsa III	194	Mudra		op ideaal, 3	Salamba Sirsa III	194	30 "
30 "	Badha Hasta Sirsa	198	Sambhavi		ogen niet knip-	Badhia Hasta Sirsa	198	30 "
30 "	Mukta Hasta Sirsa	200			peren, 4 sh/sh	Mukta Hasta Sirsa	200	30 "
			Dhyana	tijd	in balans, 5 ont-	Parsva Sirsa	202	4 ' 20 "
			AUM	40'	hecht blijven,	Parivrittaika Pada Sirsa	206	2 ' 20 "
					6/7 versmelting	Ekapada Sirsa	208	4 ' 20 "
			Asana Chakra		8 leegte	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"
30"	Parsva Sarvanga	254	Parsva Sarvanga	254	30"
			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"
30"	Ananta	290	Ananta	290	30'
30"	Parivritta Paschimotan	165	Paschimottan	160	5' 10"
			Parivritta Paschimotan	165	30"
			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"
30"	Goraksa	117	Goraksa	117	30"
			Simha II	110	1' 30"
			Matsya	113	3' 10"
			Supta Vira	96	3'
30"	Bheka	100	Bheka	100	30"
			Baddha Kona	102	30"
			Ardha Matsyendra I	311	4' 10"
			Marichy III	303	3' 50"

Raja Yoga Limmen

30 " Marichy IV
30 " Mala I

Lesrooster

305
321

Vervolgjaar 2

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

Les 26 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Bhramari	28/112/56/112	Atman	Salamba Sirsa I	184	6'
	Mudra		multitasking	Salamba Sirsa II	192	1' 40"
	Sambhavi			Salamba Sirsa III	194	1' 40"
			dienstbaarheid	Badha Hasta Sirsa	198	1' 40"
	Dhyana	tijd		Mukta Hasta Sirsa	200	1' 40"
	AUM	40'	laat je ziel je de	Parsva Sirsa	202	5' 20"
			weg wijzen	Parivrittaika Pada Sirsa	206	3' 20"
	Asana Chakra			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 "
					Parivritta 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 "
					Mala I	321	1' 40 "
30 "	Pasa	328			Pasa	328	30 "
					Uttanapada	292	2' 30 "
30 "	Urdhva Dhanura II	486			Urdhva Dhanura II	486	30 "
					Uttan	48	5'
					Sava	592	8' 20 "

Les 27 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Murcha	28/112/56/112	asana chakra	Salamba Sirsa I	184	7' 10 "
						Parsva Sirsa	202	6' 30 "
			Mudra		vikshapa =	Parivrittaika Pada Sirsa	206	4' 30 "
			Maha		pijn, wanhoop	Ekapada Sirsa	208	4' 30 "
					spanning,	Parsvaikapada Sirsa	210	4' 30 "
			Dhyana	tijd	hyperventalatie	Urdhva Padma in Sirsa	211	5'
			AUM	40'		Parsva Urdhva Padma	215	4' 30 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

		Asana Chakra	samen met klesha en vritti mee spelen	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 "
				Akarna Dhanura	173	4 ' 20 "
				Kurma	363	1 ' 40 "
				Supta Kurma	368	1 ' 40 "
				Ekapada Sirsa	371	1 ' 40 "
30 "	Skanda	372		Skanda	372	30 "
				Bhujapida	348	1 ' 40 "
30 "	Astvakra	342		Astvakra	342	30 "
30 "	Ekahasta Bhuj	344		Ekahasta Bhuj	344	30 "
30 "	Dvihasta Bhuj	345		Dvihasta Bhuj	345	30 "
30 "	Adhomukha Vrksa	359		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 28 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Murcha	28/112/56/112	zuinige Hollander	Salamba Sirsa I	184	4 ' 30 "
	Mudra			Urdhva Danda	188	1 ' 50 "
	Maha		er betaalt geen ik, wel wij	Parsva Sirsa	202	3 ' 50 "
	Dhyana	tijd		Parivrittaika Pada Sirsa	206	1 ' 50 "
	AUM	40 '	niet te serieus anders val je	Ekapada Sirsa	208	3 ' 50 "
				Parsvaikapada Sirsa	210	1 ' 50 "
				Urdhva Padma in Sirsa	211	2 ' 40 "
				Parsva Urdhva Padma	215	1 ' 50 "
				Pinda in Sirsa	218	1 ' 50 "
			de 8 stappen	Salamba Sarvanga I	223	6 ' 40 "
			zorgen voor je	Salamba Sarvanga II	235	3 ' 50 "
			veiligheid	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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

1'	Utthita Hasta Padangustha	23
1'	Ardha Baddha Padmottan	52
1'	Vatayan	58
1'	Parivritta Janusirsa	132
1'	Urdhvamukha Paschimottan II	170
1'	Simha II	110
1'	Uttanapada	292
1'	Urdhva Dhanura I	482

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"
Utthita Hasta Padangustha	23	1'
Ardha Baddha Padmottan	52	1'
Vatayan	58	1'
Janusirsa	127	4' 40"
Parivritta Janusirsa	132	1'
Ardha Baddha Padma Paschimottan	135	3' 50"
Krouncha	141	1' 50"
Marichy I	144	3' 50"
Paschimottan	160	4' 40"
Urdhvamukha Paschimottan II	170	1'
Baddha Padma	118	1' 50"
Kukkuta	115	1' 50"
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"
Ardha Matsyendra I	311	3' 20"
Uttanapada	292	1'
Salabha	60	4' 40"
Dhanura	63	4' 40"
Parsva Dhanura	64	1' 50"
Urdhva Dhanura I	482	1'
Sava	592	6' 50'

Les 29 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	Tijd
			Plavini	28/112	apavarga/ samsara	Salamba Sirsa I	184	5 ' 10 "
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	Maha Bandha		vrijheid van	Badha Hasta Sirsa	198	40 "
40 "	Mukta Hasta Sirsa	200			verstrikking	Mukta Hasta Sirsa	200	40 "
			Dhyana	tijd		Parsva Sirsa	202	4 ' 30 "
			AUM	40 '	pad naar	Parivrita Pada Sirsa	206	2 ' 30 "
					bevrijding	Ekapada Sirsa	208	4 ' 30 "
						Parsvaikapada Sirsa	210	2 ' 30 "
					maak vooruit- gang	Urdhva Padma in Sirsa	211	3 ' 20 "
						Parsva Urdhva Padma	215	2 ' 30 "
						Pinda in Sirsa	218	2 ' 30 "
					geest verdiept	Salamba Sarvanga I	223	7 ' 20 "
					in karma,	Salamba Sarvanga II	235	4 ' 30 "
					hebben we een	Niralamba Sarvanga I	236	4 ' 30 "
					lichaam nodig	Niralamba Sarvanga II	237	4 ' 30 "
						Hala	244	7 ' 30 "
					neutraliseer	Karnapida	246	6 ' 10 "
					de golven van	Supta Kona	247	5 ' 20 "
					voorkeur en	Parsva Hala	249	5 ' 10 "
					afkeer, onthecht	Ekapada Sarvanga	250	6 '
						Parsvaikapada Sarvanga	251	5 '
40 "	Parsva Sarvanga	254			iedereen is een	Parsva Sarvanga	254	40 "
					manifestatie van	Setubandha Sarvanga	259	2 ' 20 "
					god	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 "
40 "	Ananta	290				Ananta	290	40 "
						Paschimottan	160	5 ' 20 "
40 "	Parivrita Paschimotan	165				Parivrita Paschimotan	165	40 "
						Janusirsa	127	5 ' 20 "
						Parivrita Janusirsa	132	1 ' 40 "
						Krouncha	141	2 ' 30 "
						Akarna Dhanura	173	2 ' 30 "
						Baddha Padma	118	2 ' 30 "
						Yoga Mudra	120	2 ' 30 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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

Kukkuta	115	2 ' 30 "
Garbha Pinda	116	2 ' 30 "
Goraksa	117	40 "
Simha II	110	1 ' 40 "
Matsya	113	3 ' 20 "
Supta Vira	96	3 ' 10 "
Bheka	100	40 "
Baddha Kona	102	4 ' 10 "
Ardha Matsyendra I	311	4 ' 20 "
Marichy III	303	4'
Marichy IV	305	40 "
Mala I	321	40 "
Uttanapada	292	1 ' 40 "
Urdhva Dhanura I	482	1 ' 40 "
Sava	592	7 ' 30 "

Les 30 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Plavini	28/112	waarom hogere vermogens?	Salamba Sirsa I	184	6 ' 10 "
	Mudra			Salamba Sirsa II	192	1 ' 50 "
	Maha Bandha		karma	Salamba Sirsa III	194	1 ' 50 "
	Dhyana	tijd		Badha Hasta Sirsa	198	1 ' 50 "
	AUM	40 '	kind van god	Mukta Hasta Sirsa	200	1 ' 50 "
				Parsva Sirsa	202	5 ' 30 "
				Parivrittaika Pada Sirsa	206	3 ' 30 "
			voorbij devotie	Ekapada Sirsa	208	5 ' 30 "
			goddelijke liefde	Parsvaikapada Sirsa	210	3 ' 30 "
				Urdhva Padma in Sirsa	211	4 ' 20 "
			goddelijke	Parsva Urdhva Padma	215	3 ' 30 "
			moeder verlos mij	Pinda in Sirsa	218	3 ' 30 "
				Salamba Sarvanga I	223	8 ' 20 "
				Salamba Sarvanga II	235	5 ' 30 "
			god is nog v/m het helpt wel	Niralamba Sarvanga I	236	5 ' 30 "
				Niralamba Sarvanga II	237	5 ' 30 "
				Hala	244	8 ' 30 "
				Karnapida	246	7 ' 10 "
				Supta Kona	247	6 ' 20 "
				Parsva Hala	249	6 ' 10 "
				Ekapada Sarvanga	250	7'
				Parsvaikapada Sarvanga	251	6'

40 "	Bhujapida	348
40 "	Kurma	363
40 "	Supta Kurma	368
40 "	Ekapada Sirsa	371
40 "	Supta Vajra	124
40 "	Pasa	328
40 "	Urdhva Dhanura II	486

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"
Mala I	321	1' 50"
Pasa	328	40"
Uttanapada	292	2' 40"
Urdhva Dhanura II	486	40"
Uttan	48	5' 10"

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

Les 31 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Nadi Sodhona	32/128/64/128	yogadashboard	Salamba Sirsa I	184	7' 20"
			Mudra		krijg plezier om	Parsva Sirsa	202	6' 40"
			Maha Vedha		ellende aan te	Parivrittaika Pada Sirsa	206	4' 40"
					pakken	Ekapada Sirsa	208	4' 40"
						Parsvaikapada Sirsa	210	4' 40"
			Dhyana	tijd	hoe transendeer	Urdhva Padma in Sirsa	211	5' 10"
			AUM	45'	je van het	Parsva Urdhva Padma	215	4' 40"
					mentale naar	Pinda in Sirsa	218	4' 40"
					het intuïtieve?	Salamba Sarvanga I	223	9' 30"
						Salamba Sarvanga II	235	6' 40"
					geen voeding	Niralamba Sarvanga I	236	6' 40"
					aan ellende	Niralamba Sarvanga II	237	6' 40"
					onthecht	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"
40 "	Skanda	372				Ekapada Sirsa	371	1' 50"
						Skanda	372	40"
40 "	Astavakra	342				Bhujapida	348	1' 50"
						Astavakra	342	40"

40 "	Ekahasta Bhujā	344
40 "	Dvihasta Bhujā	345
40 "	Adhomukha Vrksa	359

Ekahasta Bhujā	344	40 "
Bhujā	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 32 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Nadi Sodhana	32/128/64/128	wees bewust van onbalans	Salamba Sirsa I	184	6 ' 20 "
	Mudra		breng naar evenwicht	Salamba Sirsa II	192	2 '
	Maha Vedha			Salamba Sirsa III	194	2 '
				Baddha Hasta Sirsa	198	2 '
				Mukta Hasta Sirsa	200	2 '
	Dhyana	tijd	ego onder controle is	Parsva Sirsa	202	5 ' 40 "
	AUM	45 '	sattva, geven en nemen is gelijk	Panvrittaika Pada Sirsa	206	3 ' 40 "
				Ekapada Sirsa	208	5 ' 40 "
				Parsyaikapada 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 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

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

50 "	Supta Vajra	124
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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 ' "
Urdhva Prasarita Pada	276	4 ' 20 "
Paschimottan	160	6 ' 30 "
Parivritta Paschimotan	165	2 ' "
Urdhva Mukha Paschimotan 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 '
50 "	Pasa	328			Pasa	328	50 "
					Uttanapada	292	2 ' 50 "
50 "	Urdhva Dhanura II	486			Urdhva Dhanura II	486	50 "
					Uttan	48	5 ' 20 "
					Sava	592	8 ' 40 "
Les 33 tijd	Asana	ref.	Pranayama ritme	Theorie	Asana's thuis	ref.	tijd
			Surya Bedhana 32/128/64/128	wat is yoga?	Salamba Sirsa I	184	7 ' 30 "
				controle-	Parsva Sirsa	202	6 ' 50 "
			Mudra	wetenschap	Parivrittaika Pada Sirsa	206	4 ' 50 "
			Khecari	elk niveau..	Ekapada Sirsa	208	4 ' 50 "
				om karma te	Parsvaikapada Sirsa	210	4 ' 50 "
			Dhyana	verbranden	Urdhva Padma in Sirsa	211	4 ' 50 "
			AUM		Parsva Urdhva Padma	215	4 ' 50 "
				schilder vb	Pinda in Sirsa	218	4 ' 50 "
					Salamba Sarvanga I	223	9 ' 40 "
				ontdekken en	Salamba Sarvanga II	235	6 ' 50 "
				ervaren van	Niralamba Sarvanga I	236	6 ' 50 "
				jezelf	Niralamba Sarvanga II	237	6 ' 50 "
					Hala	244	9 ' 50 "
				hondenstront	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 "
					Ananta	290	3 ' 10 "
					Paschimottan	160	7 ' 40 "
					Parivritta Paschimottan	165	3 ' 10 "

Raja Yoga Limmen

50 "	Skanda	372
50 "	Astavakra	342
50 "	Ekahasta Bhujā	344
50 "	Dvihasta Bhujā	345
50 "	Adhomukha Vrksa	359

Lesrooster

Les 34 tijd

	Asana	ref.
1 '	Salamba Sirsa II	192
1 '	Salamba Sirsa III	194
1 '	Badha Hasta Sirsa	198
1 '	Mukia Hasta Sirsa	200

Pranayama	ritme	Theorie
Surya Bedhana	32/128/64/128	hoofd yoga- vormen
Mudra		
Khecari		
Dhyana	tijd	
AUM	45 '	

Vervolgjaar 2

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 "

Asana's thuis	ref.	tijd
Salamba Sirsa I	184	5 ' 20 "
Salamba Sirsa II	192	1 '
Salamba Sirsa III	194	1 '
Badha Hasta Sirsa	198	1 '
Mukta Hasta Sirsa	200	1 '
Parsva Sirsa	202	4 ' 40 "
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"
1'	Goraksa	117	Garbha Pinda	116	2' 40"
			Goraksa	117	1'
			Simha II	110	1' 50"
			Matsya	113	3' 30"
1'	Bheka	100	Supta Vira	96	3' 20"
			Bheka	100	1'
			Baddha Kona	102	4' 20"
			Ardha Matsyendra I	311	4' 30"

Raja Yoga Limmen

1 ' Marichy IV
1 ' Mala I

305
321

Lesrooster

ref.

Pranayama

ritme

Theorie

Ujjayi

32/128/64/128

hatha yoga
non-dualiteit
raja yoga
meester over
de guna's

Mudra

Uddiyana Bandha

Dhyana

tijd

AUM

45 '

Vervolgjaar 2

Marichy III	303	4 ' 10 "
Marichy IV	305	1 '
Mala I	321	1 '
Uttanapada	292	1 ' 50 "
Urdhva Dhanura I	482	1 ' 50 "
Sava	592	7 ' 40 "

Les 35 tijd

Asana

ref.

tijd

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 "
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 "
1 '	Bhujapida	348			Bhujapida	348	1 '
1 '	Kurma	363			Kurma	363	1 '
1 '	Supta Kurma	368			Supta Kurma	368	1 '
1 '	Ekapada Sirsa	371			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 '
					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 "
					Mala I	321	2 ' 10 "
1 '	Pasa	328			Pasa	328	1 '
					Uttanapada	292	3 '
1 '	Urdhva Dhanura II	486			Urdhva Dhanura II	486	1 '
					Uttan	48	5 ' 30 "
					Sava	592	8 ' 50 "

Les 36 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Ujjayi	32/128/64/128	karma verbranden kan via	Salamba Sirsa I	184	7 ' 40 "
			Mudra		samadhi, nog	Parsva Sirsa	202	7 '
			Uddiyana Bandha		beter via	Parivrittaika Pada Sirsa	206	5 '
					dharma, intuïtie	Ekapada Sirsa	208	5 '
			Dhyana	tijd	ontdekken	Parsvaikapada Sirsa	210	5 '
						Urdhva Padma in Sirsa	211	5 ' 30 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

	AUM	45'	essentie	Parsva Urdhva Padma	215	5'
			gedachte,	Pinda in Sirsa	218	5'
			gevoelswaarde	Salamba Sarvanga I	223	9' 50"
			beleven en dan	Salamba Sarvanga II	235	7'
			oplossen	Niralamba Sarvanga I	236	7'
				Niralamba Sarvanga II	237	7'
			meester van de	Hala	244	10'
			guna's	Karnapida	246	8' 40"
				Supta Kona	247	7' 50"
			uiteindelijk de	Parsva Hala	249	7' 50"
			leegte	Ekapada Sarvanga	250	8' 30"
				Parsvaikapada Sarvanga	251	7' 30"
			meer karma	Parsva Sarvanga	254	3' 30"
			verbrand dan	Setubandha Sarvanga	259	4' 50"
			opgedaan. Je	Ekapada Setubandha Sarvanga	260	4' 50"
			leven heeft zin	Urdhva Padma in Sarvanga	261	4' 50"
				Pinda in Sarvanga	269	5' 50"
			Is dit niet zo?	Parsva Pinda in Sarvanga	270	5'
			Dat ben je	Jatara Parivartan	275	7' 30"
			afgebdwaald	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"
1'	Skanda	372		Skanda	372	1'
				Bhujapida	348	2' 10"
1'	Astavakra	342		Astavakra	342	1'
1'	Ekahasta Bhuj	344		Ekahasta Bhuj	344	1'
1'	Dvihasta Bhuj	345		Dvihasta Bhuj	345	1'
1'	Adhomukha Vrksa	359		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	samandhi,	Salamba Sirsa I	184	7' 50"
			Mudra		sabda, jnana	Parsva Sirsa	202	7' 10"
			Mula Bandha		en artha	Parivrittaika Pada Sirsa	206	5' 10"
						Ekapada Sirsa	208	5' 10"
			Dhyana	tijd	gevoel(artha)uit	Parsvaikapada Sirsa	210	5' 10"
			AUM	45'	de klank(sabda)	Urdhva Padma in Sirsa	211	5' 40"
					halen, deze	Parsva Urdhva Padma	215	5' 10"
					kennis(jnana)	Pinda in Sirsa	218	5' 10"
					bij jezelf blijven	Adhomukha Vrksa	359	1' 10"
	Mayura	354				Mayura	354	
	Padma Mayura	355			wordt meester	Padma Mayura	355	
	Nakra	68			van de guna's,	Nakra	68	
					uiteindelijk de	Salamba Sarvanga I	223	10'
					leegte	Salamba Sarvanga II	235	7' 10"
						Niralamba Sarvanga I	236	7' 10"
					sabda en jnana	Niralamba Sarvanga II	237	7' 10"
					geen aandacht	Hala	244	10' 10"
						Karnapida	246	8' 50"
					sabda = grof	Supta Kona	247	8'
					jnana = subtiel	Parsva Hala	249	8'
					artha = causaal	Ekapada Sarvanga	250	8' 40"
						Parsvaikapada Sarvanga	251	7' 40"
						Parsva Sarvanga	254	3' 40"
						Setubandha Sarvanga	259	5'

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

Setubandha 296

Baka 406

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"
Supta Vira	96	2' 20"

Les 38 tijd	Asana	ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
			Sitkari	32/128/64/128	Samadhi, voel de essentie	Salamba Sirsa I	184	8'
			Mudra		houd één	Parsva Sirsa	202	7' 20"
			Mula Bandha		samskara vast	Parivritaika Pada Sirsa	206	5' 20"
						Ekapada Sirsa	208	5' 20"
						Parsvaikapada Sirsa	210	5' 20"
			Dhyana	tijd		Urdhva Padma in Sirsa	211	5' 50"
			AUM	45'	asana is op-	Parsva Urdhva Padma	215	5' 20"
					bouwen van de	Pinda in Sirsa	218	5' 20"
					tempel, sama-	Adhomukha Vrksa	359	1' 20"
10 "	Mayura	354			dhi is ontvangen	Mayura	354	10"
10 "	Padma Mayura	355			van het god-	Padma Mayura	355	10"
10 "	Nakra	68			elijke	Nakra	68	10"
						Salamba Sarvanga I	223	10' 10"
					denken dat dit	Salamba Sarvanga II	235	7' 20"
					moeilijk is houd	Niralamba Sarvanga I	236	7' 20"
					je er vandaan	Niralamba Sarvanga II	237	7' 20"
						Hala	244	10' 20"
					mediteer steeds	Karnapida	246	9'
					dieper, todat	Supta Kona	247	8' 10"
					het een tweede	Parsva Hala	249	8' 10"
					natuur is	Ekapada Sarvanga	250	8' 50"
						Parsvaikapada Sarvanga	251	7' 50"
					enthousiaste	Parsva Sarvanga	254	3' 50"
					volharding	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"
						Matichy III	303	6' 50"
						Ardha Matsyendra I	311	7' 10"

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

10 " Baka

406

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 39 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Sitali	32/128/64/128	Samadhi, leven vanuit de	Salamba Sirsa I	184	8 ' 10 "
	Mudra		essentie, niet	Parsva Sirsa	202	7 ' 20 "
	Jalandra Bandha		de vorm, leef en voel blijdschap	Parivrittaika Pada Sirsa	206	5 ' 20 "
			etc	Ekapada Sirsa	208	5 ' 20 "
	Dhyana	tijd		Pasvaikapada Sirsa	210	5 ' 20 "
	AUM	45 '		Urdhva Padma in Sirsa	211	5 ' 50 "
				Parsva Urdhva Padma	215	5 ' 20 "
				Pinda in Sirsa	218	5 ' 20 "
			meeste mensen	Adhomukha Vrksa	359	1 ' 20 "

20 "	Mayura	354	gaan voor de	Mayura	354	20 "
20 "	Padma Mayura	355	vorm	Padma Mayura	355	20 "
20 "	Nakra	68		Nakra	68	20 "
			als je nog een	Salamba Sarvanga I	223	10 ' 20 "
			beschrijving kan	Salamba Sarvanga II	235	7 ' 30 "
			geven dan ben	Niralamba Sarvanga I	236	7 ' 30 "
			je er nog niet	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 ' 30 "
				Parsvaikapada Sarvanga	251	8 ' 30 "
				Parsva Sarvanga	254	4 ' 30 "
				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 ' 30 "
				Supta Padangustha	285	5 ' 30 "
				Ananta	290	3 ' 50 "
				Uttanapada	292	4 ' 40 "
20 "	Setubandha	296		Setubandha	296	20 "
				Urdhva Dhanura II	486	2 ' 40 "
				Marichy III	303	7 ' 30 "
				Ardha Matsyendra I	311	7 ' 20 "
				Pasa	328	2 ' 40 "
				Bhujapida	348	2 ' 40 "
				Astavakra	342	1 ' 30 "
20 "	Baka	406		Baka	406	20 "
				Paschimottan	160	8 ' 20 "
				Parivritta Paschimottan	165	3 ' 50 "
				Upavista Kona	151	2 ' 30 "
				Akarna Dhanura	173	5 ' 20 "
				Padma	104	5 ' 30 "
				Parvata	107	5 ' 30 "
				Tola	108	5 ' 30 "
				Simha I	109	5 ' 30 "

Raja Yoga Limmen

Lesrooster

Vervolgjaar 2

Les 40 tijd Asana

ref.	Pranayama	ritme	Theorie	Asana's thuis	ref.	tijd
	Sitali	32/128/64/128	goede leraar samadhi	Salamba Sirsa I	184	8' 20 "
	Mudra			Parsva Sirsa	202	7' 30 "
	Jalandra Bandha			Parivrittaika Pada Sirsa	206	5' 30 "
	Dhyana	tijd		Ekapada Sirsa	208	5' 30 "
	AUM	45'		Pasvaikapada Sirsa	210	5' 30 "
				Urdhva Padma in Sirsa	211	5' 30 "
				Parsva Urdhva Padma	215	5' 30 "
				Pinda in Sirsa	218	5' 30 "
				Adhomukha Vrksa	359	1' 30 "
30 "	Mayura	354		Mayura	354	30 "
30 "	Padma Mayura	355		Padma Mayura	355	30 "
30 "	Nakra	68		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 "
				Ekapada Sarvanga	250	9' 10 "

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 "

30 " Setubandha 296

30 " Baka 406

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 "
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 "
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 "
Skanda	372	1 ' 40 "

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Lesrooster

Vervolgjaar 2

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