























KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No. 10)

	<p>SWASTIKASANA (SIMPLE CROSS LEGS) – Sitting quietly watching your inhalations and exhalations.</p>
	<p>ADHO MUKHA VIRASANA – Sit on heels (use blanket on heels if necessary). Rest head on floor or blocks and extend arms forwards.</p>
	<p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.</p>
	<p>ROLLED BLANKET UNDER SHOULDERBLADES - Stay quietly for a few minutes and let the chest gradually stretch.</p>
	<p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.</p>
	<p>SUPTA PADANGUSTHASANA 1 and 2 - Keeping one leg straight along the floor, place a strap on the lifted leg and take the leg towards your head side without straining the hamstrings. Repeat taking leg out to the side.</p>
	<p>UTTANASANA - Feet hip width apart - hands to floor or bricks - let body release down</p>
	<p>PARSVOTTANASANA – HANDS ON FLOOR or BRICKS – After turning the hips, the trunk is extended up before bending forward over the front leg.</p>
	<p>PRASARITA PADOTTANASANA – HANDS ON FLOOR or BRICKS. (Legs spread wide apart, the trunk is extended forwards before taking the head to the floor.</p>
	<p>SIRSASANA (HEADSTAND) or Sirsasana preparation. Keep shoulders and back of hips lifted. Move upper spine and back ribs forwards to stop spine collapsing. DO NOT PRACTISE WHILST MENSTRUATING</p>

Forward bends help to calm the nervous system and quieten the mind. Take time to move into the forward bend. Take more height to sit on and use a belt around your feet if necessary. Try to stay as long as you feel comfortable and let your breathing settle into an even rhythm.

	<p>DANDASANA - Fingers to floor by the side of the hips - stretch legs straight and lengthen spine up - roll shoulders back and down. Take arms to Urdhva Hastasana, bring arms down and then turn to the right and then to the left.</p>
	<p>UPAVISTA KONASANA - Sit exactly on the buttock bones - widen the legs and keep the centre back of the thighs, calves and heels on the ground. Turn to the right and to the left - take arms to Urdhva Hastasana before coming forwards</p>
	<p>JANU SIRASANA - If bent knee does not rest on the floor, take more height to sit on. First turn to the bent leg and then take arms to Urdhva Hastasana before coming forwards.</p>
	<p>TRIANG MUKHAIKAPADA PASHIMOTTANASANA - Take sufficient support to make sure hips are level. Turn first towards straight leg and then take arms to Urdhva Hastasana before coming forwards.</p>
	<p>MARICHYASANA 1 - Support both buttocks if necessary. First turning away from bent leg and then either entwining the arms around the bent knee to clasp the hands or catching foot with both hands before coming forwards. A belt can be used if there is difficulty clasping hands.</p>
	<p>PASHIMOTTANASANA - Feet hip width apart. Take arms to Urdhva Hastasana before coming forward. Support head on bolster or place chair in front if necessary.</p>
	<p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.</p>
	<p>PARSVA SWASTIKASANA (SIMPLE CROSS LEGS) – Sitting on a pad -twisting to right and left- change cross of legs and repeat. Support for hand behind back if necessary.</p>
	<p>SARVANGASANA (SHOULDERSTAND) AND HALASANA – Use pads/blankets to support shoulders and upper arms. Press outer shoulders bones down as you stretch spine up. IF MENSTRUATING DO NOT PRACTICE SARVANGASANA AND THE VARIATIONS. PRACTICE SETU BANDHA WITH A SUPPORT.</p>
	<p>SAVASANA - Use blanket support for head and neck. Place yourself carefully as any lack of alignment prevents complete relaxation</p>

If you are using these practice plans, always work at your own level and only practise the postures that are suitable for you. If there is a posture that is beyond your experience or ability or if it feels too difficult or if you experience any discomfort, please stop. You could possible adjust the posture and/or take additional support or you can just rest. Whilst practising yoga, there is always the possibility of sustaining an injury. If you do follow these plans, you will be doing so at your own risk and taking full responsibility for any injury.