







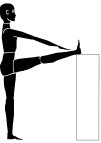










KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No. 2)

	<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. Below is a linkNicola is showing how to roll and place your blanket</p>
	<p>TADASANA - Join feet, pull up thigh muscles, lift front body and roll shoulders back and down. Learn to distribute the weight evenly on the feet.</p>
	<p>URDHVA HASTASANA – From Tadasana, take the arms up without allowing the legs or pelvis to push forwards. Resist this by keeping the thighs firmly pressed back, tailbone in, chest lifted. Distribute the weight when the arms are taken through various movements with disturbing or shaking the body.</p>
	<p>UTKATASANA - Keep chest lifted - bend knees - back of hips towards the floor as if you are going to sit on a chair</p>
	<p>UTTANASANA - Feet hip width apart - hands to floor or bricks - let body release down</p>
	<p>UTTHITA HASTA PADANGUSTHASANA 1 - Use a support for your heel. Keep both legs straight and hips level.</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 PADOTTONASANA– HANDS ON FLOOR or BRICKS. (Legs spread wide apart, the trunk is extended forwards before taking the head to the floor.</p>
	<p>SIRASANA (HEADSTAND) or Sirasana preparation. Keep shoulders and back of hips lifted.</p>
	<p>PARVATASANA in VIRASANA - The knees should be comfortable in this position. Use height to sit on if required. Sitting in Virasana - interlock fingers and lengthen the spine.</p>
	<p>DANDASANA - This posture is the basis of the sitting poses - fingers to floor by the side of the hips - stretch legs straight and lengthen spine up - roll shoulders back and down.</p>
	<p>UPAVISTA KONASANA - Sit exactly on the buttock bones - widen the legs and keep the centre of the back of the thighs, calves and heels on the ground.</p>
	<p>JANU SIRASANA - If bent knee does not rest on the floor, take some height to sit on - work to lengthen spine forwards.</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. Take enough height so that back body is lifting. DO NOT PRACTISE WHILST MENSTRUATING.</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 possibly 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.