



KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No.5)



SWASTIKASANA (SIMPLE CROSS LEGS) – Sitting quietly watching your inhalations and exhalations.



ADHO MUKHA VIRASANA – Sit on heels (use blanket on heels if necessary). Rest head on floor or blocks and extend arms forwards.



ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.



UTTANASANA - Press feet firmly down, draw up thigh muscles and let body passively lengthen down



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.



UTTHITA HASTA PADANGUSTHASANA 1 - Use a support for your heel. Keep both legs straight and hips level.



UTTHITA HASTA PADANGUSTHASANA 2 - Still use a support for your heel. Keep both legs straight and hips level.



VRKSASANA - Learn to balance on one leg. Practise with the wall if balance is difficult.



TRIKONASANA - This is one of the most important standing poses. Bending from the hip, stretch the trunk sideways. Watch the alignment of your arms and legs.



ARDHA CHANDRASANA - From Trikonasana, learn to balance on the standing leg and stretching the lifted leg parallel to the floor.

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|  | <p>PRASARITA PADOTTONASANA– With legs spread wide apart, the trunk is extended forwards before taking the head to the floor.</p> |
|  | <p>UTTANASANA - Press feet firmly down, draw up thigh muscles and lengthen the spine towards the floor.</p> |
|  | <p>SUPTA VIRASANA or SUPTA SWASTIKASANA - Either from Virasana or Swastikasana, lean back onto your elbows and lower trunk to the floor or onto a support</p> |
|  | <p>SIRSASANA (HEADSTAND) or Sirsasana preparation. Keep shoulders and back of hips lifted. Use wall for support if necessary. DO NOT PRACTISE WHILST MENSTRUATING</p> |
|  | <p>DWI PADA VIPARITA DANDASANA - Step through back of chair - slide shoulderblades just of the edge of the chair seat - take arms underneath the chair and hold back legs of chair. Arms can also be taken overhead.</p> |
|  | <p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.</p> |
|  | <p>SARVANGASANA (SHOULDERSTAND) – 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 BANDA WITH A SUPPORT.</p> |
|  | <p>EKA PADA SARVANGASANA - Keep left leg stretching up and take right leg towards the floor. Only stretch the leg as far as you can without collapsing the spine. Repeat taking left leg down.</p> |
|  | <p>PARSVAIKAPADA SARVANGASANA - Turn the right leg outwards in the hip socket and take it down sideways towards the floor. Only stretch the leg as far as you can without collapsing the spine. Repeat taking the left leg down.</p> |
|  | <p>HALASANA – Keeping legs straight, take the toes to the floor or use a support if necessary.</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.