



# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No 1)



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.



TADASANA – Join feet, pull up thigh muscles, lift front body and take shoulders back. Learn to distribute the weight evenly on the feet.



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.



VRKSASANA - Learn to balance on one leg. Practise with the wall if balance is difficult. (As you practise standing poses, you begin to see the movement of the skeleton improving. Pelvic girdles, shoulder girdle, the bones of the arms, forearms, elbows, wrists, fingers, thighs, knees, ankles, feet and toes. You also work on the spine and organic body.)










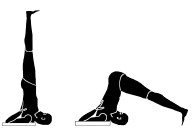

TRIKONASANA – This is one of the most important standing poses. The extension of the limbs and the trunk teaches alignment and a sense of direction.



UTTHITA PARSVAKONASANA - Bend the front leg to form a right angle – back leg straight. Turn chest forwards. Put hand on brick for support if required



PARSVOTTANASANA – FINGERS ON THE FLOOR – After turning the hips, the trunk is extended up before bending forward over the front leg.

	<p>PRASARITA PADOTTONASANA– With legs spread wide apart, the trunk is extended forwards before taking the head to the floor.</p>
	<p>UTTANASANA - Put fingertips on bricks or higher support. Keep legs straight and open the backs of the thighs</p>
	<p>BADDHA KONASANA - Learn to open the groins and loosen the hip joints. Use blocks/blanket to sit on if necessary. Groins and knees at the same height</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>VIRASANA and PARVATASANA IN VIRASANA - The knees should be comfortable in this posture. Learn to lift the sacrum and base of the spine. Use blocks/blanket to sit on if required. Sitting in Virasana, interlock the fingers and stretch the arms forwards and then above the head.</p>
	<p>DANDASANA – This posture is the basis of the sitting poses. The trunk is erect and the legs stretched straight.</p>
	<p>SWASTIKASANA - Sitting with back erect, turn first to the right and then to the left. Change the cross of the legs and then repeat.</p>
	<p>SARVANGASANA (SHOULDERSTAND) and HALASANA – Use pads/blankets to support shoulders and upper arms. 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.