



KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No 3)

	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.
	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
	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.
	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 evenly on your feet.
	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. Try to keep the back of the shoulders and the hips in line as you bend over sideways from the hip
	VIRABHADRASANA 2 - This pose strengthens the legs and the back. Keep the back foot pressing firmly as you make a right angle with the front leg. The body should stay upright.
	VIRABHADRASANA 1 - Turn hips fully - bend front leg to form a right angle - knee over ankle. Back leg straight. Arms overhead with elbows straight.
	PRASARITA PADOTTANASANA– HANDS ON FLOOR or BRICKS. Legs spread wide apart, the trunk is extended forwards before taking the head to the floor.

	<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>ADHO MUKHA VIRASANA - Take blanket support under buttocks if bending forwards from the hips is difficult. Let forehead rest on floor or support.</p>
	<p>DWI PADA VIPARITA DANDASANA - Step through back of chair - slide shoulderblades just off 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>SALAMBASANA - Raise head, chest and arms from floor - stretch arms and legs back - trunk forwards. Keep sacrum and tailbone pressing down.</p>
	<p>BHUJANGASANA - Keep legs pressing floor and raise head, chest and abdomen - coil spine backwards - working to straighten arms Keep sacrum and tailbone pressing down.</p>
	<p>USTRASANA - Take hands to feet or use a bolster on lower calves if cannot reach. Keep shins pressing floor. As back of thighs press forwards, coil back from base of body.</p>
	<p>CHATUSH - Place hands under heels or use belts around ankles if cannot reach . Roll shoulders to floor - lift buttocks, backs of thighs and chest. Keep knees pointing forwards - legs running parallel to each other</p>
	<p>ADHO MUKHA SVANASANA - Without losing height in hips, stretch heels down. Lengthen side ribs.</p>
	<p>SARVANGASANA (SHOULDERSTAND) and HALASANA – Use pads/blankets to support shoulders and upper arms. Take enough height so that back body is lifing. 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.