






















SHORT PRACTICE PROGRAMME (No 4)

	<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>UTTANASANA - Press feet firmly down, draw up thigh muscles and let body passively lengthen down</p>
	<p>TADASANA – Join feet, pull up thigh muscles, lift front body and take shoulders back. 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.</p>
	<p>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</p>
	<p>BHARADVAJASANA ON CHAIR - Sit with your right side towards the back rest of a chair. Rotate towards back of chair. Lift spine with inhalation and rotate with exhalation. Repeat on left side.</p>
	<p>TRIKONASANA – Pay attention to the lengthening of the side ribs and the turning of the chest to face forwards</p>
	<p>BHARADVAJASANA ON CHAIR - Sit with your right side towards the back rest of a chair. Rotate towards back of chair. Lift spine with inhalation and rotate with exhalation. Repeat on left side.</p>
	<p>PARSVOTTANASANA – FINGERS ON THE FLOOR or STRETCHING FORWARDS TO A CHAIR. After turning the hips, the trunk is extended up before bending forward over the front leg.</p>

	<p>PARIVRTTA TRIKONASANA From Parsvottanasana. If necessary, use a block(s) or a chair for left hand.</p>
	<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>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>DANDASANA AND PARSVA DANDASANA - After sitting straight for a few moments, turn to the right and then to the left. Can be repeated a few times.</p>
	<p>SWASTIKASANA AND PARSVA 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>UPAVISTA KONASANA AND PARSVA 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. After sitting straight for a few moments, turn to the right and then to the left. Can be repeated</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) 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.