













KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No 6)

	<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>SUPTA PADANGUSTHASANA 1 - 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.</p>
	<p>UTTHITA HASTA PADANGUSTHASANA 1 - Use a support for your heel. Keep both legs straight and hips level.</p>
	<p>TADASANA to URDHVA HASTASANA - Use inhalation to lift side ribs, use exhalation to take arms further back without pushing the legs and pelvis forwards</p>
	<p>GOMUKHASANA - FIRST PRACTISE STANDING AND THEN REPEAT IN VAJRASANA - Taking right arm up straight, focus on the extension and external rotation in the upper arm. Use a strap if you cannot catch your hands behind your back</p>
	<p>BHARADVAJASANA 1 - Focus on opening the front of the shoulders, rolling the shoulders back and moving the upper back in towards the sternum. These actions will help support your upper body in Headstand.</p>
	<p>ADHO MUKHA SVANASANA – Lengthening the inner arms and biceps from elbows towards the shoulders and keeping shoulders lifted whilst releasing the head downwards.</p>

	<p>PRASARITA PADOTTANASANA– Support body weight on legs and release head to floor. Keep shoulders lifted. If head does not reach floor, rest head on support. Try to stay calm in the pose for 2/3 minutes.</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. Move upper spine and back ribs forwards to stop spine collapsing. DO NOT PRACTISE WHILST MENSTRUATING</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>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>
	<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.