











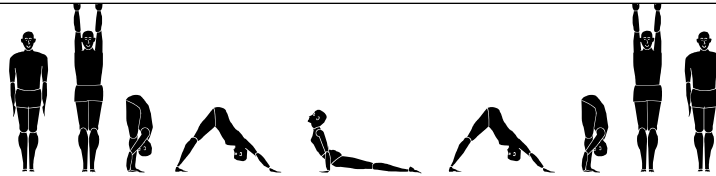
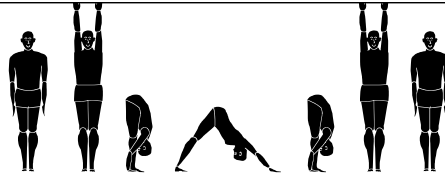
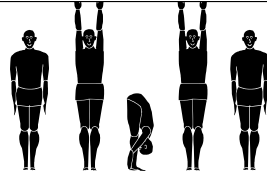


# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No 7)

	<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 TADASANA - Lying on the floor - stretch the legs and stretch the arms overhead.</p>
	<p>URDHVA PRASARITA PADASANA (90) - Press outer hips down - keep breathing steady - don` t arch the lumbar spine or tighten the abdominals. Use strap on feet or wall support for legs if needed. Arms overhead or by your side.</p>
	<p>URDHVA PRASARITA PADASANA - Only go from 90 to 60 if you can manage to do this without straining.</p>
	<p>JATHARA PARIVARTANASANA (Maltese Cross) - With arms stretched out at shoulder level, bend knees over abdomen and take legs to the right and then to the left. Repeat several times.</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>

PREPARATION FOR SUN SALUTATIONS - Repeat each sequence several times - watching the breath as you move from one pose to the next. Either jump between postures or just step your feet and move more slowly.



SUPTA BADDHA KONASANA - This pose is being used for resting. A support under the spine will help spread the chest and the position of the legs will help to circulate the blood in the abdominal area and the groins.



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



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



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



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.



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.



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.



HALASANA – Keeping legs straight, take the toes to the floor or use a support if necessary.



SAVASANA – Use blanket support for head and neck. Place yourself carefully as any lack of alignment prevents complete relaxation.

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.