



# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No 8)

	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.
	UTTANASANA - Press feet firmly down, draw up thigh muscles and let body passively lengthen down
	PARVATASANA in VIRASANA - The knees should be comfortable in this position. Use height to sit on if required. Sitting in Virasana - interlock fingers and lengthen the spine. Change interlock and repeat.
	GOMUKHASANA 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
	ROLLED BLANKET OR BOLSTER UNDER SHOULDERBLADES - Stay quietly for a few minutes and let the chest gradually stretch.
	ADHO MUKHA SVANASANA WITH HEAD SUPPORT - Let the back of the neck release down so that your head can rest on the support. If the neck feels compressed, lower your support. Your limbs and torso should be extended, head and neck resting and relaxed. Hold for a few minutes without strain.
	UTTANASANA WITH HEAD SUPPORT - Feet hip width apart - support for the crown of the head to rest on. If necessary, use a chair to rest the head. Hold for a few minutes.

	<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>SUPTA PADANGUSTHASANA 1 and 2 - 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. Repeat taking leg out to the side.</p>
	<p>SUPTA BADDHA KONASANA - 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. Take support under the thighs if there is any strain. Stay and watch your breathing and try to release any feelings of tension.</p>
	<p>SUPTA VIRASANA ON LENGTHWAYS BOLSTER - From Virasana lean back onto elbows and lower back onto the bolster. Take more height if necessary to make sure back and knees are comfortable. If Virasana is difficult do Supta Swastikasana (Easy Crossed Legs). Stay and watch your breathing</p>
	<p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine. Take time to open the back of the knees.</p>
	<p>SARVANGASANA (SHOULDERSTAND) – Use pads/blankets to support shoulders and upper arms. Press outer shoulder bones down as you stretch spine up. IF MENSTRUATING DO NOT PRACTISE SARVANGASANA. PRACTISE CROSS BOLSTERS.</p>
	<p>HALASANA – Keeping legs straight, take the toes to the floor or use a support if necessary.</p>
	<p>SETU BANDHA ON A LENGTHWAYS BOLSTER WITH SUPPORT FOR FEET - Slide back until head and shoulders are on the floor. To come out of the pose, bend legs and slide off the bolster until back is on the floor. Cross the legs and place them on the bolster. Stay for a few minutes</p>
	<p>VIPARITA KARANI - Place a brick between the bolster and wall so keep the bolster in place. Roll the outer shoulders to the floor and lift the sides of the chest. To come out of the pose, bend legs and slide off the bolster until back is on the floor. Cross the legs and place them on the bolster. Stay for a few minutes</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.