



# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No 9)



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 to UTTANASANA– Observe the different stretches as you move from one pose to the next.



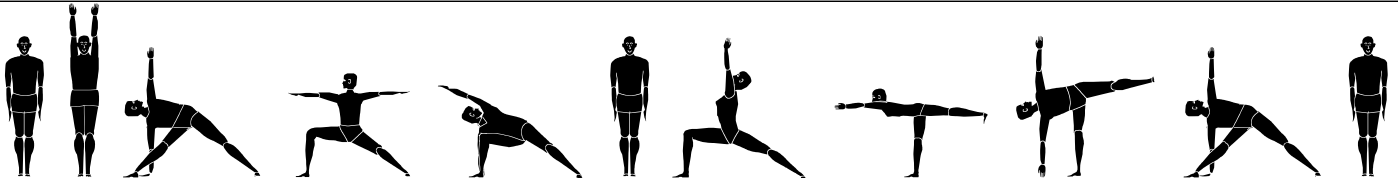
PARVATASANA in VIRASANA - The knees should be comfortable in this position. Use height to sit on if required. Sitting in Virasana - interlock fingers and lengthen the spine. Change interlock and repeat.



ROLLED BLANKET OR BOLSTER UNDER SHOULDERBLADES - Stay quietly for a few minutes and let the chest gradually stretch.

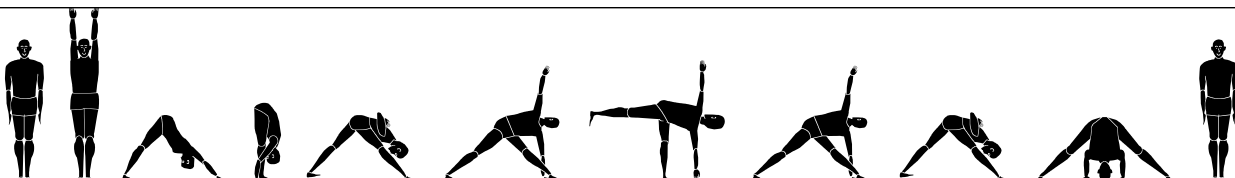
The following is a sequence of standing postures where one posture `flows` into the next. Do the whole sequence on the right side and then repeat on the left. Hold each posture until you feel steady and settled before moving to the next.








Tadasana - Urdhva Hastasana - Trikonasana - Virabhadrasana 2 - Parsvakonasana - Tadasana - Virabhadrasana 1 - Virabhadrasana 3 - Ardha Chandrasana - Trikonasana - Tadasana.



Another sequence - again do all the postures on the right side first and then repeat on the left.

Tadasana - Urdhva Hastasana - Adho Mukha Svanasana - Uttanasana - Parsvottanasana - Parivrtta Trikonasana - Parivrtta Ardha Chandrasana - Parivrtta Trikonasana - Parsvottanasana - Prasarita Padottanasana - Tadasana



	<p>UPAVISTA KONASANA and PARSVA UPAVISTA KONASANA- Sit exactly on the buttock bones - widen the legs and press the centre back of thighs, calves and heels on the ground. After sitting straight for a short while, turn to the right and then to the left. Can be repeated a few times.</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, practise Supta Swastikasana (Easy Crossed Legs). Stay and watch your breathing</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>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 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>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.



