



KNUTSFORD IYENGAR YOGA CENTRE

PRACTICE PROGRAMME (No. 11)

	<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>ROLLED BLANKET UNDER SHOULDERBLADES - Stay quietly for a few minutes and let the chest gradually stretch.</p>
	<p>ADHO MUKHA SVANASANA – Keep weight even on both hands and both feet. Straighten legs and arms and lengthen spine.</p>
	<p>UTTANASANA - Feet hip width apart - hands to floor or bricks - let body release down</p>
	<p>PRASARITA PADOTTONASANA– HANDS ON FLOOR or BRICKS. (Legs spread wide apart, the trunk is extended forwards before taking the head to 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>ADHO MUKHA VIRASANA - Take blanket support under buttocks if bending forwards from the hips is difficult. Let forehead rest on floor or support.</p>
	<p>DWI PADA VIPARITA DANDASANA - Step through back of chair - slide shoulderblades just off the edge of the chair seat - take arms overhead and feel length of front body.</p>

	<p>SALABHASANA - Raise head, chest and arms from floor - stretch arms and legs back - trunk forwards. Keep sacrum and tailbone pressing down. Repeat a few times.</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. Broaden across collar bones and lift sternum</p>
	<p>SALABHASANA - Raise head, chest and arms from floor - stretch arms and legs back - trunk forwards. Keep sacrum and tailbone pressing down. Repeat a few times.</p>
	<p>BHUJANGASANA - Keep legs pressing floor and raise head, chest and abdomen - coil spine backwards - working to straighten arms Keep sacrum and tailbone pressing down. Repeat a few times.</p>
	<p>DHANURASANA - Use the strength of your legs to lift the chest off the floor and continue to draw your weight up and back to keep pulling the shoulders back. Repeat a few times.</p>
	<p>USTRASANA - Take hands to feet or use a bolster on lower calves if cannot reach. Keep shins pressing floor. As back of thighs press forwards, coil back from base of body. Repeat a few times</p>
	<p>CHATUSH - Place hands under heels or use belts around ankles if cannot reach . Roll shoulders to floor - lift buttocks, backs of thighs and chest. Keep knees pointing forwards - legs running parallel to each other. Repeat a few times.</p>
	<p>ADHO MUKHA SVANASANA - Without losing height in hips, lengthen spine.</p>
	<p>PARSVA SWASTIKASANA (SIMPLE CROSS LEGS) – Sitting on a pad - lengthen spine and then gently twist to right and left- change cross of legs and repeat. Support for hand behind back if necessary.</p>
	<p>SARVANGASANA (SHOULDERSTAND) AND HALASANA – 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>SAVASANA - Use blanket support for head and neck. Supporting the back of the legs - either on a chair or a bolster - can be soothing to the lower back after backbending postures.</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.