























# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No. 12)

	<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>PARVATASANA in VIRASANA and PARSVA 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.</p>
	<p>GOMUKHASANA IN VAJRASANA - Taking right arm up straight, focus on the lift and external rotation in the upper arm. Use a strap if you cannot catch your hands behind your back</p>
	<p>UTKATASANA - Keep chest lifted - bend knees - back of hips towards the floor as if you are going to sit on a chair</p>
	<p>VIRABHADRASANA 1 - Turn hips fully - bend front leg to form a right angle - knee over ankle. Back leg straight. Arms overhead with elbows straight.</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>DWI PADA VIPARITA DANDASANA - Step through back of chair - slide shoulderblades just off the edge of the chair seat - take arms <b>overhead</b> and feel length of front body and then take arms <b>underneath</b> the chair seat and hold the back legs of the chair. Broaden across collar bones and lift sternum.</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>URDHVA DHANURASANA - If you find this a difficult posture, repeat Dwi Pada Viparita Dandasana on the chair. Placing height under your hands may help you lift!!</p>
	<p>ADHO MUKHA SVANASANA - Without losing height in hips, lengthen spine.</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. Change legs and repeat.</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) USING CHAIR – Use pads or bolster to support shoulders . 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.