



# KNUTSFORD IYENGAR YOGA CENTRE

## PRACTICE PROGRAMME (No. 13)



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.



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.



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.



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.



PARVATASANA in VIRASANA and PAROVA 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. Keeping lift in spine, turn to right and then to left.



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



BHARADVAJASANA 1 - Focus on opening the front of the shoulders, rolling the shoulders back and moving the upper back in towards the sternum. These actions will help support your upper body in Headstand.



ADHO MUKHA SVANASANA – Lengthening the inner arms and biceps from elbows towards the shoulders and keeping shoulders lifted whilst releasing the head downwards.

The following are sequences 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 - Tadasana - Urdhva Hastasana - Adho Mukha Svanasana - Uttanasana - Parsvottanasana - Parivrtta Trikonasana - Parivrtta Ardha Chandrasana - Parivrtta Trikonasana - Parsvottanasana - Prasarita Padottanasana - Tadasana



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



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 **overhead** and feel length of front body and then take arms **underneath** the chair seat and hold the back legs of the chair. Broaden across collar bones and lift sternum.



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.



SARVANGASANA (SHOULDERSTAND) and HALASANA - Use pads or bolster to support shoulders. IF MENSTRUATING DO NOT PRACTICE SARVANGASANA AND THE VARIATIONS. PRACTICE SETU BANDA WITH A SUPPORT.



JANU SIRSASANA and PASHIMOTTANASANA - Take height to sit on if needed. Rest forehead on blanket, bolster or chair as necessary.



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.

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.