

Healing Series 2

Opening Sequence*

October 2012

Wall Malasana

2 blankets, 1 sticky mat. Center mat along spine, back towards wall. Knees bent, feet width of mat. Press feet into floor to ground sacrum. Reach arms out at 45 deg angle – this opens chest and brings upper arms back. Ground sitting bones, lift chest, head floats over tailbone.

Dandasana – no wall

Take sticky mat from back and place under center of knees. Come to rolled edge of blankets. Lift chest with support of arms. Hands on back corner of blankets, lift back ribs in and up as the sitting bones are grounding down. Keep heels down and pulse inner and outer knee down into the mat. On the third pulse hold. Repeat 2-3 more times.

Dandasana – with wall

Turn around, ground feet into wall, no blanket under buttocks – lean back if spine cannot extend fully or hamstrings are tight. Place sticky mat under knees and pulse back before.

Legs at Wall – leg alignment

4 belts (or 2), 1 sticky mat. Lie legs at the wall. With the 4 belts pre-looped, take over legs, then bring mat in between thighs, then bring belts in. First below the knees, then above the knees. Tighten belt until snug. Then if you have two more belts, strap at top of mat then base of mat line.

w/ Baddha Konasana Upavista Konasana Malasana variations

Release belts, take all off. Return to legs at the wall. 1. Bring soles of feet together knees wide. Press inner thighs out towards knees. 2. Straighten legs up wall, then let the feet go as wide as gravity allows. Keep knees and toes pointing towards the center of the room. 3. Draw knees towards center of room. Bring feet towards floor, press into wall to bring back of sacrum to floor. Keep it there.

Pavana Muktasana – foot into wall

Lie down on the floor, feet grounded into the wall.

Knee up – bend both knees move an inch or two towards the wall, Draw Right knee up to chest. Shoe-horn the L foot into the wall so that the sacrum and shoulder blades ground down towards the waist.

Knee out - take R knee out to side, to open groins more, take R knee more towards armpit.

Knee across – take L hand to draw R knee across the body. Roll all the way onto the left side of the body, make sure left foot turns and is fully grounded into the wall. Take navel to spine and extend the right arm out to the side on the floor. Repeat other side.

Supta Padangusthasana

With neck traction – 1. Make a large loop with the belt. While seated, take the belt to the ball mounds of both feet and lie back. Keep traction on the belt, place the belt onto the back of the head at the occipital ridge and up and over

the ears (like reverse sunglasses). Play with the position of the legs and head in relation to one another then straighten the legs up. Draw the shoulder blades down to the waist as the arms reach away from the neck. Palms up. 2. Take one leg out of the belt and extend along the floor. Repeat other side.

Full 1, 4 – no belt to neck – Remove the belt from the neck. Hold the belt in the right hand as the left leg comes to the floor. 1. Press the R thigh away from the hip. 4. Sweep the R leg out to the side while grounding the left leg down into the floor. Repeat other side.

Bridge

Lie on back. Bend knees. Take belt over front ankles or hold front shins. Keep tension on the arms as they straighten out away from the shoulders to draw the shoulder blades down the back. Feet are hip width. On an exhalation lift the back of the pelvis up towards the knees. As you ground the feet more roll each arm under the body more. Press upper arms down to lift the side ribs up towards the ceiling and towards the ears.

30.60.90. legs

Lie flat on back on the floor. Legs together. Press thighs down into the floor to keep pelvis in neutral. Raise arms overhead, roll inner arms down. (If the shoulders do not receive the arms over head well, take hands to grip outer edges of the mat by the hips), Ground L leg into the floor, navel to spine, reach out strongly over head through arms. Raise the R leg up 30 deg, then 60, then as close to 90 as possible without bending the L leg. Repeat other side.

Bridge – repeat above.

Wiper Legs – Keep the knees bent and move the feet to the outer edges of the mat. Bring arms out into a “T” position. Sweep the knees to the R, look over the L hand. Repeat other side. Repeat again first side and this time cross the R foot over the L knee and reach out through the left thigh, look over the L hand. Repeat other side.

Savasana – Bring knees to the ceiling. Lengthen legs out one at a time. If the back does not receive this well, bend knees with the feet turned in. Let legs fall against one another. Roll to R side to come up. If a shoulder or hip is a trouble spot, then roll to the L.

~ Namaste ~

*This practice is for the participants of the Healing Series. If you are unsure of any of these moves, do not do them and ask for clarification at the next class. Never push yourself into a position that causes pain. Look for the deep appealing stretch like awakening in the morning. The stretch that captivates, not contracts.