

MON/TUES SEQUENCE: December 2011

Adho Muka Svanasana – Downward Dog. Spread the fingers evenly, plant the index finger mound and thumb mound. Plant the ball mounds of the feet. Draw up through the buttock bones and take the top of the thighs back. Breathe evenly. To quiet the mind, stop adjusting and focus on the breath. Find the balance between firmness and ease.

Adho Muka Virasana - Childs Pose

Repeat above.

Uthhita Trikonasana – Triangle pose. Plant the feet, lift the thighs, as you reach the side ribs upward, roll the lower abdomen up towards the sternum to open the back waist. Turn back foot in slightly, right leg out 90 deg. Use the right hand on the top of the right thigh to support an even extension of the ribs as you extend out over the front leg. Keep the hands on the hips, with the left shoulder, roll it back towards the wall behind, then extend the arms upwards and down toward the leg below the knee – if available. Repeat on Left side.

Virabhadrasana 2 into Uthhita Parsvakonasana – Warrior 2 into Extended Side Angle pose. Start as before, bend the right knee in line with the right foot. Keep the shoulders over the hips. Extend side ribs out over the right thigh. Place forearm on thigh or block behind leg. Like Trikonasana, roll the left shoulder back and the right ribs forward then extend left arm over head in line with the side ribs. Repeat on L side.

Virabhadrasana1 – with a 4” block on the wall, place the toes up the wall, the ball mound of the right foot on the block. Take the left foot back. Stand in Tadasana with the arms pressing into the wall at shoulder height. Press into the wall to ground the back leg. Lift the front chest. As you bend the right leg into a square, take the back waist down and the buttock bones forward. Raise arms upward in line with the shoulders towards the ceiling. Repeat on L side.

Monday Night/Tuesday am class

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Uthhita Parsvottanasana – Extended chest pose. Right foot forward, Left foot back. Keep hips square towards end of mat. Hands on hips - lift side ribs. Keep rolling the back of the left thigh left to keep the hips square and level with floor as you extend the chest out over the right leg. Very important! Repeat on L side.

Setu Bandha Sarvangasana – Bridge pose. Bend the knees. Turn toes in, heels out. With the hands grasping the mat for leverage, lift the hips while lengthening the thighs out towards the line of the ankle. Interlace fingers below the body and reach the arms towards the feet while rolling the arms under the upper chest. Shoulder blades towards the waist. Lengthen the neck. 2nd time: Use a block at the 4" or 8" height to support the sacrum.

OR

Salamba Sarvangasana – Shoulder balance. Three foot lengths away from the wall for rolled edge of blanket. Legs at the wall. Shoulders on, head off the blanket. Bend the knees, lift up thru the thighs. Interlace fingers behind the back extending the arms along the floor towards the wall. Hands to the back ribs pressing in and up towards feet. Reach thru inner heels. Take the legs up one at a time. (do not try this without having worked with me first!)

Halasana – Plow. Take the legs from shoulder balance out over the face towards the floor. Toes tucked under, reach thru heels, lift thighs. If the feet do not touch the floor – DO NOT DANGLE. Take one leg out at a time. Keep the upward leg reaching up strongly to keep upward extension while the other leg moves out over the face.

Maricyasana 3 - Bent leg seated twist. Sit in Staff pose. Legs together, chest lifting, hands by hips. Bend the R leg. Keeping both buttock bones planted, lift the chest and turn away from the bent leg. R elbow presses against inner R knee. Reach thru L leg like Danadasana – Staff pose. Lift chest on inhalation, rotate chest on exhalation. Repeat on L side.

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Baddha Konasana – place the soles of the feet together. Reach the inner thighs out thru the knees; lift the side ribs up out of the side hips. Use the hands on the base of the shins to leverage the rotation of the pelvic bowl forward. Upper arms back, shoulder blades down. If the sternum sinks into the chest, you have gone too far.

Savasana – Corpse. Lie flat on floor. Make sure sacrum is released and shoulders are drawn towards the waist under the body. Relax the jaw, release the tongue. Palms are turned upwards, toes outwards. Observe the Breath.

OR

Legs at Wall – place blanket under sacrum if pulling in hamstrings so back body is released and can descend down fully. Roll shoulder blades under body palms towards ceiling. A. Legs straight up. B. bend knees to side, soles of feet together knees wide. C. Straighten legs out into wide leg forward bend on wall. D. Cross legs as if to sit cross legged on wall. Reverse cross.

Namaste

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