

## SATURDAY 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.

**Dog with bolster** – crown of head grounded into bolster. Keep the pose (legs, outer hips) moving back towards the wall behind.

**Adho Muka Virasana** - Childs Pose in between dog and after

### **FOR FLEXIBILITY:**

**Adho Muka Svanasana** – Down Dog with alternating first with bent knees (to extend more through the buttock bones to maximize length from hands to buttock bones) to second - lengthening the back of the legs up (with the planting the ball mounds fully, lift from the base of the hamstring up thru the buttock bones. Keep stretch in the BELLY of the muscle.

### **FOR STRENGTH:**

**Vinyasa Dog to Plank** – extend the legs back as you take the shoulders forward to align over shoulders. If too intense, take knees to floor.

**Vashistasana – Side Plank** - roll on to outer edge of the right foot in line with same side hand. Reach thru the sternum as you reach thru the heels. Take the sacrum in and thighs back to support a straight line. If too intense, take right shin to floor and foot out behind.

**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.

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**Upavista Konasana** – Place the feet wide to create a 90 deg – 120 deg angle between the two legs. Plant the top of the thighs down, reach thru the heels. Lift the sternum on an inhalation; rotate the pelvic bowl forward on an exhalation. Use the hands cupped to press down and lift the chest. Stay with the breath as you allow the body to open. When you get to the point where you can reach your toes without rounding your spine, breath in reach up thru the chest, then bend the elbows out to the side to continue the rotation forward. Keep the legs active!

**Janu Sirsasana** – right leg bends. Keep the left leg active like Upavista, the bent leg like Baddha. Take the right hand to the outer edge of the left leg. Lift and rotate your chest. Keep broadening across the front chest. Then on an exhalation take the right hand down along the outer edge of the leg towards the outer ankle. Let the left hand move to the floor just outside the left knee for leverage to lift and rotate more along the left leg. Eventually some may reach the feet. Use them as leverage like above in Upavista. Reverse to other side.

### **Sirsasana or Dog with block for the head**

#### **L at Wall**

#### **Adho Muka Vrksasana (optional) – Full Arm Balance**

**Uthita Trikonasana** – 2x 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 Right side. Repeat again.

**Virabhadrasana 2 into Uthita Parsvakonasana** – 2x 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

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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.

**Uthita Parsvottanasana** – 2x 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!

**Prasarita Padottanasana** – 1x Wide Leg Forward Bend Standing. Feet parallel, firm thighs and rotate pelvic bowl forward. Place hands below shoulders to keep even weight between feet and hands. Extend sternum away from navel. If the spine rounds you are too far into the pose. As you exhale, plant the feet, lift the thighs. As you inhale, lengthen through the side ribs and sternum.

**Legs at Wall** – place blanket under sacrum if there is pulling in the hamstrings so back body can be released and descend down fully. Roll shoulder blades under body, turn 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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