

## Thursday 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. Draw the legs back, the buttock bones to the heels first. Then extend the side body out on an inhalation. Plant the palms, roll the triceps under and draw the thighs back on an exhalation to increase the length of the side body and spine.

**Repeat above.**

**Baddha Konasana** – place the soles of the feet together. Take the back body entirely into the wall. Sacrum and back ribs always remain at wall. Reach the inner thighs out thru the knees; lift the side ribs up out of the side hips. Turn the palms toward the center of the room. Reach strongly out thru the fingertips to open the chest beneath the collar bones and encourage the upper arms to touch the wall as well. Bit by bit, raise the arms up overhead to the line of the shoulder. If the back or thumbs pop away from the wall, bend at the elbows, interlock the thumbs (keep them touching the wall) draw the back waist down and work to open the shoulders here. It is more important to have the back and thumbs on the wall than the arms straight.

**Forward BK:** Use the hands on the base of the shins to leverage the rotation of the pelvic bowl forward. Upper arms back, shoulder blades down, bend the elbows back to extend the chest forward. If the sternum sinks into the chest, you have gone too far. Reach the arms forward on the floor to enhance the extension of the chest.

**Uttanasana** – Standing forward bend. With a chair seat facing you, firm the legs and lift the chest in Tadasana. Keeping the hips over the feet, extend the chest

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out over the seat of the chair, placing the palms of the hands on the chair seat. Roll the inner knees back, the inner elbows forward. Keeping the hands planted like downward dog extend the arms out to lengthen the stretch of the spine. Maintain firm legs and keep the hips over the feet! Come out the way you came in to the pose.

**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. Keep arms straight as you bend the knee. Raise arms upward in line with the shoulders towards the ceiling. Repeat on L side.

**Uthita Parsvottanasana** –Extended chest pose. Right foot forward, Left foot back. Keep hips square towards end of mat. Hands top of back of chair. Press down to lift side ribs up away from pelvic bowl. 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. Squared hips are Very important! Reach the thighs back quicker than the reach of arms out on the chair. Repeat on L side.

**Setu Bandha Sarvangasana** – Bridge pose. Bend the knees. Turn toes in, heels out. With the hands grasping the outer edges of 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 body. Shoulder blades towards the waist. Lengthen the neck. 2<sup>nd</sup> time: Use a block at the 4" or 8" height to support the sacrum. Rest on the block with the arms at the sides. Palms face up.

**OR**

**Salamba Sarvangasana** – Shoulder balance. Three foot lengths away from the wall for rolled edge of blanket. Come into Legs at the wall. Center yourself on the blanket. Shoulders on, head off the blanket. Bend the knees, lift up thru the

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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.

**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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