



## BACKWARDS – practice class #3

Start in supta baddhakonasana – great way to settle yourself before practice.

If you only do one pose, this could be it!

Starts to open chest, move shoulder blades in, and lengthen abdomen



Create something to lie over – like me with two bricks and blanket over, or roll up a blanket or mat, or find something else suitable.



And lie over it! You can change the position of the legs – crossed, straight, bent, lotus...



Adho mukha virasana – on finger tips, looking forward, moving dorsal in

(the stiff bit of my back, as you might see)



Adho mukha svanasana – move shoulder blades in



Urdhva mukha svanasana – upward facing dog – you can do with toes anchored (as shown) or with toes pointed, resting on the tops of the feet. You can play around with supports under the top thighs, or hands.

This is where you could throw in some sun salutations to limber you up!

Also handstand and headstand if they are part of your practice



Parsvottanasana leaning back, heel to wall

In the first I have hands in paschima namaskar, in the second just fingers interlinked



And go forward, dorsal in, legs firm



Virabhadrasana I – here I have brick at head of shin – lift dorsal in and up



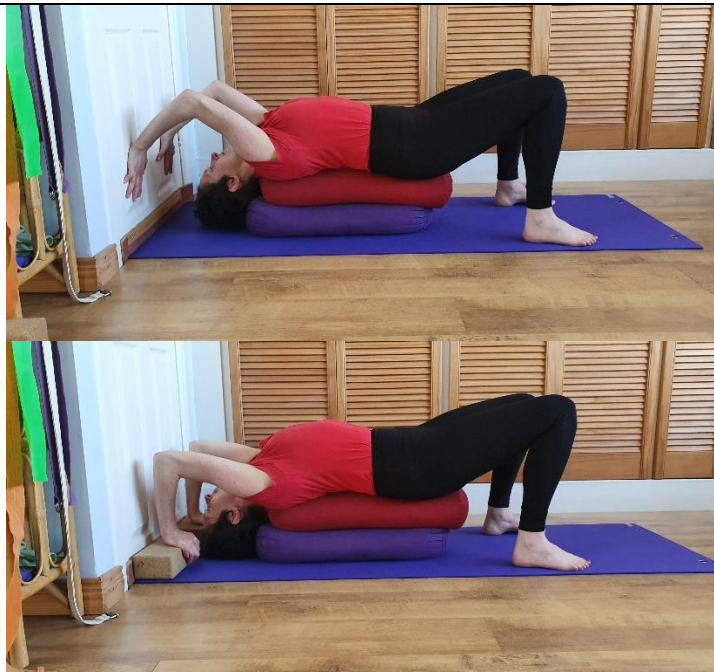


Back arch from groins to wall – hands here on buttocks but could have interlinked, or sliding down back thighs

Then ustrasana, camel pose. Have bolster on heels if you can't reach the feet.



Chatuspadasana – use belt in loops as shown if you can't reach your ankles – height under shoulders helps.



Prep for urdhva dhanurasana – lie on two bolsters, hands to wall or bricks, elbows in

If your hands are on bricks, lift from there. Otherwise try freestanding.



If you're practised at this, challenge yourself! Fold mat in half and get hands and feet on the mat 😊



Supported am virasana – bolster and blankets so torso can rest and ribs spread – sandbag if you have one



Uttanasana and parsva uttanasana from buttocks to wall – I actually used a brick between the upper thighs here too (not shown) – to release back



And rest 😊

Lie with legs over chair...or whatever else you have to hand