




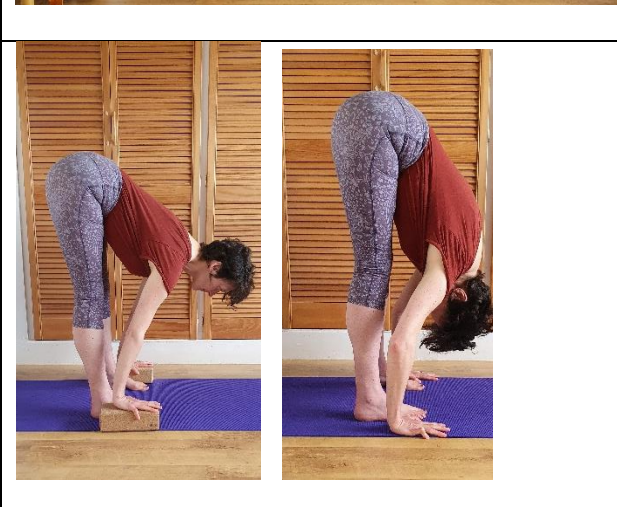


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|     | <p>STANDINGS – practice class #5</p> <p>Another week along! Start in sukhāsana – here I’m doing legs more tightly bound.</p> <p>Remember, these are photos showing practice and not intended as perfect, super-aligned reference pictures – Light on Yoga this is not! Have fun 😊</p> |
|    | <p>Supta padangusthasana 1 – we’re going to look at this shape and the work of the legs from several angles</p> <p>Try using a longer belt around lifted leg groin and lower leg foot to stabilise and balance the pelvis.</p>  |
|   | <p>Two versions of adho mukha virāsana – the top one helps get the thoracic spine in. Try holding the mat as I show to see if you can move the hips further back.</p>   |
|  | <p>Head down version</p>  |
|  | <p>Try heels at wall for adho mukha svānasana</p>   |
|  | <p>Uttanasana – I had been running before this – can you tell? My husband (photographer) was laughing at my groans as my hamstrings slowly woke up! Use bricks for hands if needed. Try looking forward, and releasing head to floor.</p>   |



Down dog, feet together, one leg lifted. Try with hands to wall (you did feet at wall earlier). Maintain balance of hips. Imagine a belt from your lifted leg foot to the standing leg groin (like you used in supta padangusthasana at the start).



My favourite pose (not)! Chaturanga dandasana 3-ways.

- 1) With bolster
- 2) With shoulder tips supported
- 3) Free!

As per usual, I could do with lengthening the sacrum to heels and pulling up the front ribs, but hey....

Remember this abdominal action for later!



Utthita hasta padangusthasana

- 1) Heel on ledge
- 2) Back to wall and lift leg (aim to get your standing leg straighter than I'm showing!)
- 3) Freestanding

Work at your level!





Uttanasana to ledge or back of chair



Virabhadrasana 1



Remember the abdominal work? Put the legs at right angles shape we've been doing with the abdominals from chaturanga dandasana and hey presto, virabhadrasana 3!

Foot at wall and hands on ledge for support

You could also try hands to wall and feet free (not shown)



Or freestanding – my lifted leg is turned out to the side a bit much for my liking 😊 balancing for photos is hard, and doesn't feel very yogic!



Recover.



Inversion play time!

What about the same principles in handstand?



Or headstand?

Half headstand shown first – keep on foot on floor and lift other leg, moving thoracic spine in.

Then full headstand, and release one leg down for the eka pada version.



Chatushpadasana – release trapezius muscles, arms tied if you have a belt



Supported shoulderstand, where you can also play with legs raised/lowered variations – foot to wall or balancing, leg held horizontal or lower.... etc.



Savasana time!

Let loose, let go, fall away.