



## Week 10 practice ideas – legs, abs, strength in the centre

Start with supta tadasana, feet against wall is helpful, hands can hold side of mat



Scuse the slightly grubby foot! Showing how I've got the belt attached for extra achilles/calf stretch



Supta padangusthasana



Urdhva prasarita padasana – 90, 60, 30 degrees....so I seem to be showing about 70, 40 but I'll blame that on the photographer not my lack of practice 😊





Supta padangusthasana 3 – use belt around foot and/or bolster behind back to help – can also do with other leg bent



Full pose – although as you can see I need to work on extending and lowering the straight leg, and getting more lift in the trunk



Paripurna navasana

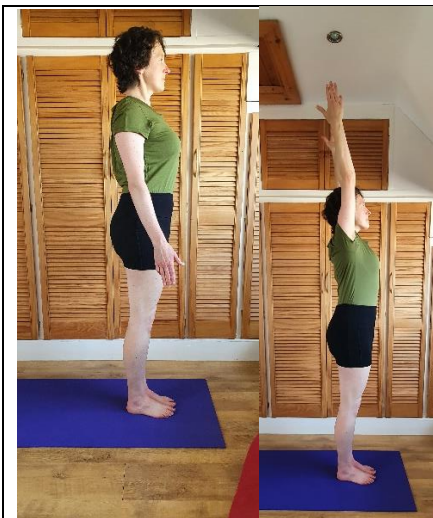


Ardha navasana – I love the way the photo makes the pose look so static...rather than the microseconds it was!!



Transition to standing via adho mukha virasana and AM svanasana

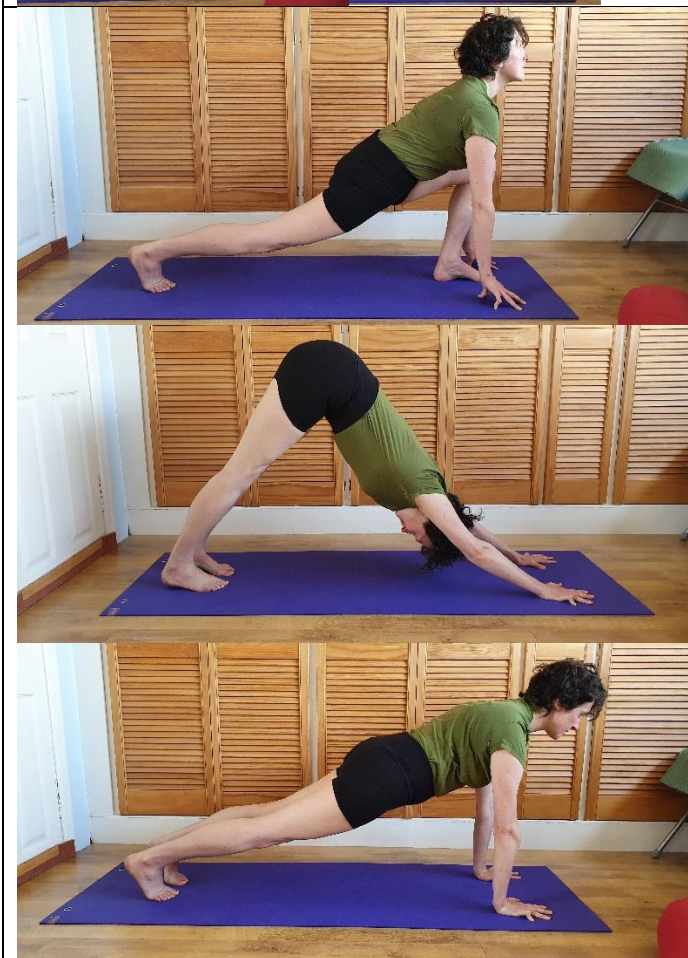




Some sun salutations anyone?



Fold forward



Step or jump back

Then plank



And chaturanga dandasana (preferably with hips a little lower than I'm showing here)



Upward facing dog



And down...



Step/jump forward



And rise to standing!





### Vrksasana tree pose

Remember you can use a belt to hold foot, balance using the wall, or even rest the lifted foot on a chair and work at the hip opening if balance is a struggle.

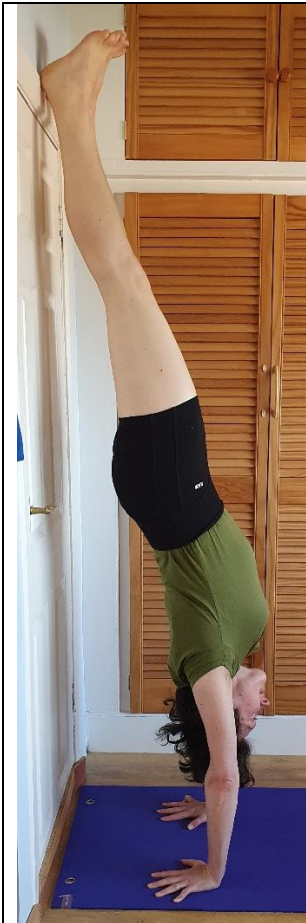


### Ardha badha padmottanasana

Take this in stages – if you can't fold forward, just practice the leg in padmasana



### Full pose hands to floor



Inversions 😊

Or elbow dog if these aren't within your practice just now



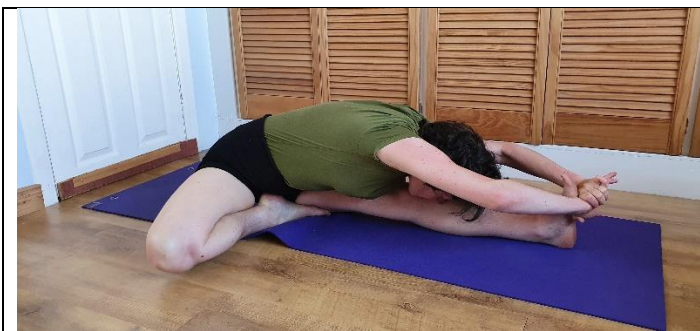
Elbow dog = pincha mayurasana prep



Headstand with some variations of your choice

Release shoulders in virasana





Janu sirsasana



Catching foot in preparation for ardha baddha paschimottasana – use belt if you can't reach

Stick to janu sirsasana if this is too strong for your knees/hips



And go forwards....



Dandasana and forward to hold feet (or use belt)



Paschimottasana



Chatushpadasana on shoulderstand platform for extra lift, and in preparation for shoulderstand



Shoulderstand plus variations if this is in your practice – could swap for chair shoulderstand or legs up the wall



Halasana



Release by sliding backwards off the platform

If you didn't do shoulderstand, supta swastikasana lying flat is also wonderful 😊