

Tips on a Balanced Class: Groups of Postures

forward bends (flexion)

backbends (extension)

sidebends

twists (rotations)

standing poses

supine

prone

inverted

sitting

- sitting postures
 - possible restrictions to consider:
 - Hamstrings (back of thigh)
 - Quadriceps (front of thigh)
 - Hips, knees, ankles
 - Soft tissue around the joint
 - The joint itself
- quiet sitting (towards meditation)

breath awareness

- supine
- sitting: breathing techniques/breath awareness

relaxation

- lying legs long
- lying knees bent, feet flat
- lying, legs on a chair
- lying, legs up the wall
- lying, roll under thighs
- lying, belt around thigh