



Friday 20 April

Gentle introductory class - 4.45 - 5.45pm

4.45 - 4.55

Supine legs

All fours: cat poses

4.50 - 5.05

Child

Ease out one leg at a time in all fours – toes tucked, push through from toes to head

Plank to dog

5.05 - 5.15

Tadasana; arm swings; eagle arms

Trikonasana – rotating first and then folding

5.15 - 5.25

Mini standing balance sequence (mini dancer, tree, eagle with toes on floor)

Tadasana to uttanasana rolling down

5.25 - 5.35

Purvottanasana (table pose, different hand positions)

Setu Bandha (bridge pose) rolling through spine

5.35 - 5.45

Lie supine, fold in, rolling, rocking

Supine breathing

Saturday 20 April

Asana Class I (ACI); Introductory class : general, posture and straight poses/alignment; Key Points: Ground, breathe and release; Breathing variations : Ujayii I simple

CLASS 10- 12.30 (2.5 h)

Hands and knees, folding back and forth, experimenting with organization of feet and ankles

Feet: kneeling with toes tucked; rolling through toes; balancing perched on balls of feet, kneeling (vajrasana) with ankles together; kneeling, toes tucked, rolling through to uttanasana and up to tadasana

Leaning on wall; rolling spine on wall; rolling asymmetrically on wall; finishing folded forward, bringing pelvis over heels in uttanasana and rolling up into standing



Rotations in tadasana; differentiating upper body from lower; compare not differentiating i.e turning everything

Trikonasana (two different approaches/emphasis)

- (a) fold forward, not shifting weight into back heel, pelvis more level, turning upper body, differentiating upper body from lower; ribs and upper spine are more involved in turning
- (b) reaching down and turning, letting weight shift and back hip come more over back heel i.e letting pelvis turn; more 'holistic' but less rotation in thoracic area (upper back)

Child, dog

Vajrasana; **'hand stretch' mudra** and then straight into **dog** pose (Urdhva Mukha Svanasana) – how 'grounded' do you feel in dog after bringing attention to the hands with the mudra?;

Side plank from side sitting (mermaid)

Hands and knees: push/don't push with hands, keep head and pelvis still, feel upper spine dome and dip; repeat, more gently; move into full plank (Vasisthasana) with *refining* of effort

Child pose (Pindasana) walking hands to side to stretch out sides after plank poses

Side sitting, separating legs, circling pelvis around legs

Lie prone (face down):

- Breathe, head resting on stacked hands
- Stand hands, elbows off floor; push with one hand, rolling across forehead, then the other (mini rotation in prone)
- Rest head on stacked hands; slide forehead along forearm, gently in each direction (side bending); rpt a few times;
- Rest head on hands, look forward and up the wall – slowly, gently – mini backbend; try it on an exhale

Repeat side sitting, gradually moving towards king pigeon (**ekapada rajakapotasana**) prep

Kneeling (vajrasana), **virasana, supta virasana** (hammock shape in spine)

Savasana

At end of day – final 30 m:

Feet against wall rolling spine off floor; half shoulderstand - viparitta karani (full shoulderstand, Sarvangasana, if appropriate); experiment with taking hands off back in shoulderstand

Rest, legs up wall or in semi supine: Introduce ujayii (supine)