

Saturday 8 Dec 2018

10 - 11: 1 h asana class preparing for workshop

11 - 1: 2 h teaching skills workshop
(should stand)

1 - 2¹⁵: 1 $\frac{1}{4}$ h lunch } inc chat
with Carolyn

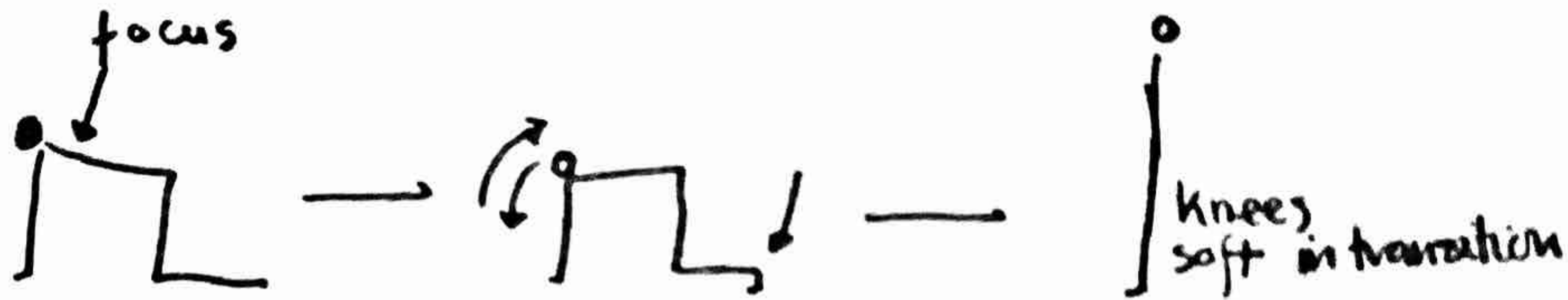
2¹⁵ - 4¹⁵: 2 h Physiology Session 1
Cardiovascular System + Respiratory Sys^m 1

4¹⁵ - 4⁴⁵: 30m Break

4⁴⁵ - 5³⁰: Wrap up, discussion, 'housekeeping' etc.

Asana Class (1h)

arrive

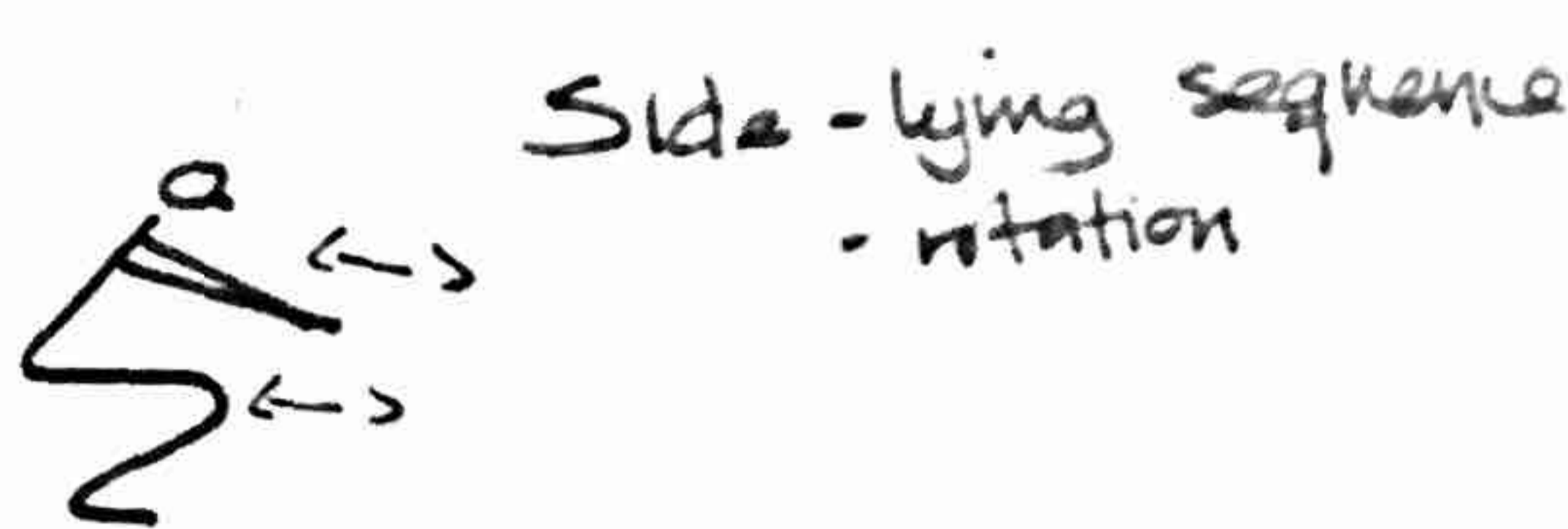


Tadasana

+ 3 different arm swings: 1) Swinging them round (rotation; variation - counter rotation, like walking)

2) swinging arms into soft edge - giving urself a hug

3) belt around forearms - soft knees



Side-lying sequence:
- rotation

- slide hand back + forth
- slide knee back + forth
- slide hand + knee back + forth

