

Shoulderstand workshop 8/12/18 10 - 1pm		NOTES
<p>1 hour class preparing for shoulderstand</p> <p>Equipment: chairs, belts</p> <p>11-11.05 (5m) Semi supine, arrive, sense breath</p> <p>11.05- 11.10 (5m) Come into all fours, mobilise upper back, mini cat; roll back onto balls of feet (drop/nod head), uttanasana (knees bent); tadasana</p> <p>11.10 – 11.20 (10m) Tadasana, 3 different arm swings: rotation; swinging into cow arms and going into uttanasana knees bent; swinging arms fwd and back with flexion and extension</p> <p>11.20 – 11.25 (5m) Tadasana; uttanasana variation with arms belted behind (rotate shoulder girdle here)</p> <p>11.25 – 11.30 (5m) Tadasana, uttanasana, dog</p> <p>11.30 – 11.40 (10m) Supine twist sequence from side lying</p> <p>11.40 – 11.45 (5 m) Table pose; counterpose wrists after</p> <p>11.45 – 11.55 (10m) Paschimottasana (soft, knees bent); sit, knees bent, feet on the floor and rolling towards soft plow, gradually rolling more slowly and possibly on into shoulderbalance</p> <p>11.55 – 12 (5m) Finish with simple supine twist of choice and then semi/supine, arms wrapped round (giving yourself a hug)</p>	10 – 11 (1 h)	In cat emphasise movement in thoracic spine and movement of shoulderblades
Shoulderstand Teaching Skills Workshop	11.00 – 1 (2 h)	
Lisa Demo: folding the mat (and placing it by the wall)	11.00 – 11.15 (5m)	Mat (and folded blanket) under shoulders and trunk, head off More padding under the shoulders and trunk is helpful for those who

		have a stiff and 'sticky out' cervical-thoracic junction
<p>Lisa lead Demo: using the wall</p> <p>Demo going up and Coming down</p>	11.05 – 11.15 (10m)	<p>This approach is very safe</p> <ul style="list-style-type: none"> • helpful for who find flexion difficult/can't roll • a good option for those who are just starting to move towards the pose <p>On the descent: either knees to forehead and rolling down (good for emphasising flexion pattern but some find this scary) or reaching for the wall with the feet and reversing the journey</p>
<p>Group work Work in 3s: one instructs going up, one does, one instructs coming down</p>	11.20 – 11.40 (20m)	<p>In the transition look for flexion pattern through trunk, breastbone softening and falling of chin as back of neck relaxes and gently lengthens;</p> <p>As student comes onto their shoulders look at thoracic area and see how it has the potential to move away from the floor; this depends on ability to flex at cervical-thoracic junction (neck extensors need to relax and lengthen)</p> <p>Bony structures of the shoulders receive weight</p>
<p>Brainstorm and Discussion Safety, contraindications, what does shoulderstand help to address? (amz and lmc have 'pros and cons' list to hand) When is a good time to start teaching shoulderstand? Why?</p>	11.40 – 12.00 (20m)	<p>Amz and Lmc emphasise the responsibilities of the teacher to plan and prepare appropriately with due care and consideration for everyone in the class</p> <p>Sum up with the following: PREPARE: prepare and warm up appropriately (class planning); prepare the mat and organize the class and props (note that the organization takes time – nb. Class planning) GO SLOWLY: an easy comfortable breath throughout; if breathing gets labored it is time to descend; DESCEND CAREFULLY: Encourage students to descend before they get tired so that they can come down attentively and in an unhurried manner</p>

<p>Amz lead: using the chair Demo</p>	<p>12 – 12.10 (10m)</p>	<p>Holding the chair legs/belt around chair legs (or putting chair against the wall if students can't get themselves close enough to the wall due to difficulty folding and rolling over) Look for: flexion pattern through trunk, falling of chin as back of neck relaxes and gently lengthens; once students can come onto their shoulders the thoracic spine begins to lift away from the floor Nb if chair in middle of room descend by rolling down as chair not secure if student not holding onto legs/belt around legs</p>
<p>Group Work in 3s, but change roles: one instructs going up, one does, one instructs coming down</p>	<p>12.10 – 12.30 (20m)</p>	
<p>Rolling, Rolling into soft plow, shoulder balance</p> <p>Everyone starts lying down with knees to chest, arms over head or arms beside body on folded mat</p> <p>Rolling legs overhead and back down again</p> <p>(point out that wall or chair are a good option in this scenario)</p> <p>Some could go on into shoulderbalance, hands off back – 3 different positions for arms</p>	<p>12.30 – 1 (30m)</p>	<p>The ability to roll is as much about the extensors at the back of the trunk lengthening as it is the flexors engaging to draw the pelvis and spine off the floor</p> <p>Look at the different shapes – some people able to come onto their shoulders, others resting more on back ribs (banana shape)</p> <p>*** Find time to finish lying quietly for a few mins before lunch</p>