

LYTC Friday 18 Jan.

11 - 12³⁰ Asana class

12³⁰ - 1⁰⁰ discuss case studies

1⁰⁰ - 2⁰⁰ lunch

2⁰⁰ - 4⁰⁰ Teaching Skills - backbends

4⁰⁰ - 4³⁰ Tea Break

4³⁰ - 5³⁰ Class planning

5³⁰ - 6⁰⁰ Discussion + Breathing.

Fri January Asana class



arrive



Kapalabhati →



Virasana + Supta Virasana

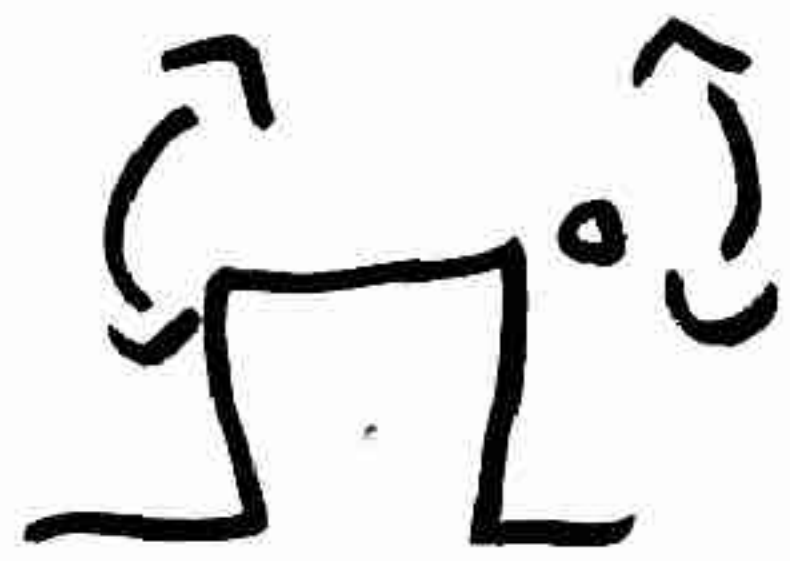


prone

Extensions →

Preparation
 → press thru palm
 of hand & rotate & lower.

Looking for Coral



sidebending

→ ('sexy cat')
 - flexⁿ, extensⁿ, sidebending
 combination.



→ transition to tadasana.



walking back
 + forth - feet



tikasana.



tadasana



rock back
 + forth



cow
 pose
 + add
 arms



Rest - breathe



one sided / rolling
back arch



→ towards full back arch.
urdhva dhanurasana.

