

Asana class - 11am - 1pm.

Warm up - leg stretches of choice - in supine bringing attention to the back of the head and length of the neck

Setu bandha - budding from the group up, feet noticing what's happening with base of neck / front of throat

Setu bandha - against the wall? Does your head lengthen back against wall? Use Jalandra bhanda at base of throat to lengthen

Cat Pose - Bidhalasana
Free breathing pattern

- attention to front of the throat and base of skull



- at end of exhalation (breathe out fully) feel flare^{out} of rib cage, as abdominal muscles draw back before you breathe in - sense jalandra bhanda + uddiyana bhanda



- mula bhanda, drawing up softly on pelvic floor at end of out breath



- Tadasana, via Uttanasana



- Tree pose




- attention to mula bandha

- attention to jalandra bandha

- Anjali mudra (prayer position)

Kshepana mudra 'letting go gesture'

Natarajasana -

 Dancers pose with jnana mudra

Shoulder Stand, Salamba Sarvangasana

 - Jalandra Bandha

Janu Sirsasana



- open twist

- sidebend

- closed twist



OR



marichyasana I

- twist with uddiyana bandha.

- does it create more space?

Uddiyana Bandha

- In Dog

- In Standing

- In Supine

Maha Mudra



- engages all 3 bandhas