

Yoga enquiry: paying attention

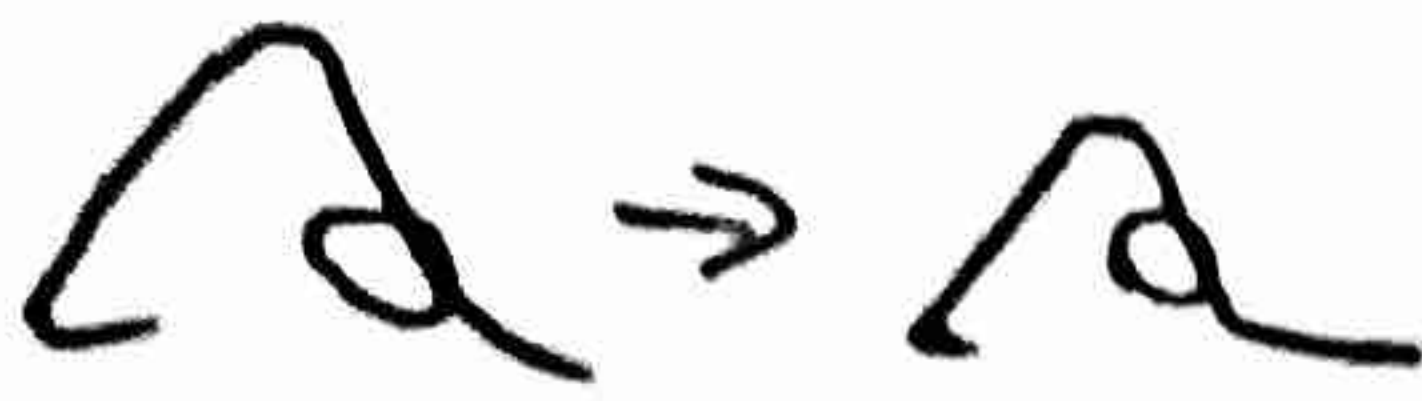
- Q → Can you make yourself as comfortable as possible?
- Q → Find best position of foot on floor ~~by~~ ^{for} pushing down.
- Change position in + out to re-assess (get students to notice for themselves)
- Q → Find position for both feet pushing down 2 grams of pressure. What do you notice?
- Q → In pairs, place hand under back of waist, as you push feet down can you feel spine relaxing? Are you inhibiting the hip flexors + extensor muscles?
- Q → Slumping - can we let all the muscles go so we can 'slump' through the whole of the back of the body. Where are they holding?
- Q → Press downwards into foot print, keep weight in long leg hip. Imagine your body like a sleeping baby trying not to wake it up. What do they notice, sensory questions. Give a contrast, what do you have to do to keep the hip down? Discrimination between effort + relaxation.
- Q → Find a way of making the starting pose comfortable (if child pose painful), need to turn the volume down of the nervous system
- Q → Notice the map of how people support themselves. The question is can they release tension around their shoulders, one is pushing, one is collapsing. What is natural postural support? Somewhere between the two.
- Q → Can you keep same feeling of postural support as you go backwards + forwards?
- Can you move back + take knees off floor (will take more weight in hands)



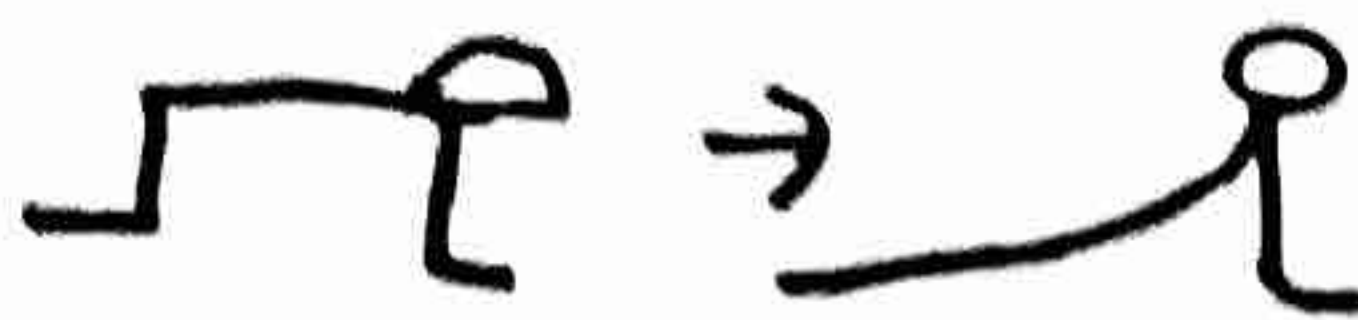
• With knees off floor can you continue the movement without bringing tension + pushing.



• outside of right shoulder + outside of right hip, locate those places in body + bring them closer together. Useful strategy is to constrain the well-mapped part of the body.



• go from dog pose to elbow dog + keep the same feeling in both



Sinking + pushing into shoulders. How do people support themselves, can you keep that same feeling of awareness in the shoulders.



• 'horse extensions' feel as though your neck originates between the shoulder blades (splenius muscles)



• bring spot between the eyes + pubic bone in ~~between~~ towards each other

Toe exercises - Mapping toes.

- lift big toe
- lift 3 middle toes (can you let go of what you don't need)

Eagle arms - Movement includes scapula + spine, go into forward flexion (traditional way is easy to damage delicate rotator cuff)



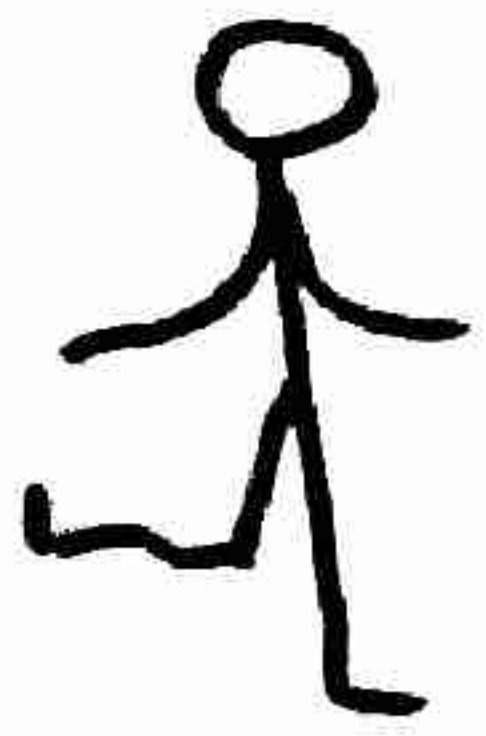
• hands behind back - open a bit as go forward, close as extend. Want hands + shoulders to be responsive to movement



• responsive movement



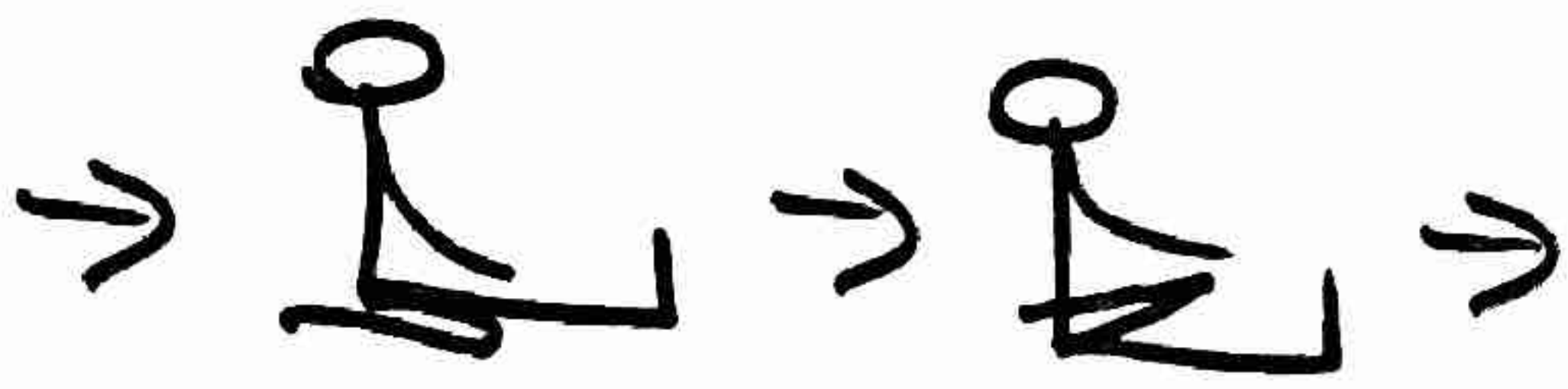
• right shoulder moves to right ankle - which foot do you feel the weight on? (opposite foot)
compliant movement if arms move



• balancing one foot - turnip each way
back + up - stopping yourself from falling,
different from a static balance - how do
you keep your balance in motion?



side sitting - side bending, flexion + rotation
legs in external + internal rotation (very
good for knees and lower backs)



putting hip joints
through 3 range of move-
ments