



# Vrksasana TREE

## Scenario 3

modify - against wall - foot on other foot.

Counterpose : <sup>tabasana</sup> shake legs  
: forward bend  
with bent knee

# parivrtta janu sirsasana

## HALF BOUND ANGLE TWIST

N.B. Asymmetric pose

adaptation - block under knee



Counterpose : Semi-supine  
mini-bridge  
vrksana.

adaptation : as pregnancy progresses - on a chair

# eka pada raja kapotasana

## ONE LEGGED KING PIGEON

start with scissor legs

rock hips

adaptation - use bolster to support arm/shoulder



Counterpose : apanasana

# Scenario 1 PGP

Start Class Supine

- think about  
closer together

Knees staying together

- \* Swaying knees side to side
- \* Circling around pelvis

Work with what  
each has

\* Bridging Setu bhada. all small movements.  
really concentrate  
on knee striking over the  
ankles.

\* Supine twist

Virasana with props  
→ Supta Virasana (heart burn)  
Shoola Karasana - supported with  
blocks  
→ over tailbone  
knees  
together.

Setu

Shree

→ get everything  
moving

# Scenario 2

Elbow dog

Wedge into cavity, rolled up mat / blanket

dog to chair (wall)

moving in & out



(b) Nausea

dog to wall & chair

(c) Breathlessness

Liberty height of N/A

dog to wall as chair

(d) Sending the knee in dog

Take left & wide of hips (Asymmetry of hips)

Moving in & out      Moving knee's

(e) Heartburn

Against wall - ~~press~~ keep upper body above waist height

2. Setu bandha

All but CTS

Small movements - mild pelvic tilt. Try supporting head

Try different foot positions for SET pose

Could try supporting pelvis

Breathlessness lie on side in between

Setu bandha equal wall, standing

3. Mula Bandha / Kriya / Pranayama

A&E - if v. breathless