

Saturday 13 April 2019

Moving and Breathing class (inc 3 trainees teaching practice), 14.00 – 14.45 (45mins)

Lisa, 14.00 – 14.15, (15 m): Lie semi supine – breath awareness, belly chest breath

Lisa/Nev Teach viloma in supine

14.15 – 14.20 Lisa (5 m) All fours (with bramari?), mini dog, dog, uttanasana, tadasana

14.20 Becky (max 6 mins): Walking footprints towards Virabhadrasana III (Warrior III)

14.26 ish to 14.30 Lisa: Uttanasana towards squat (try feet parallel and feet wider/turned out) – what does abdomen do in the transition?

14.30 Gill (max 6 mins): Tree Pose (finish in standing)

14.36 ish Valeria (max 6 mins): Vajrasana, virasana, towards supta virasana

Trainees ease legs and rest for a few minutes in savasana (or child pose)

Finish 2.45