

Friday 12 June 2019 LYTC

11 - 1¹⁵ 2 hour asana class

1¹⁵ - 2¹⁵ 1 hour lunch (trainees look at photos)

2¹⁵ - 4¹⁵

- a chat from Tina
- teaching older people
- presentation re osteoporosis
- chair class

4¹⁵ - 4⁴⁵ Break

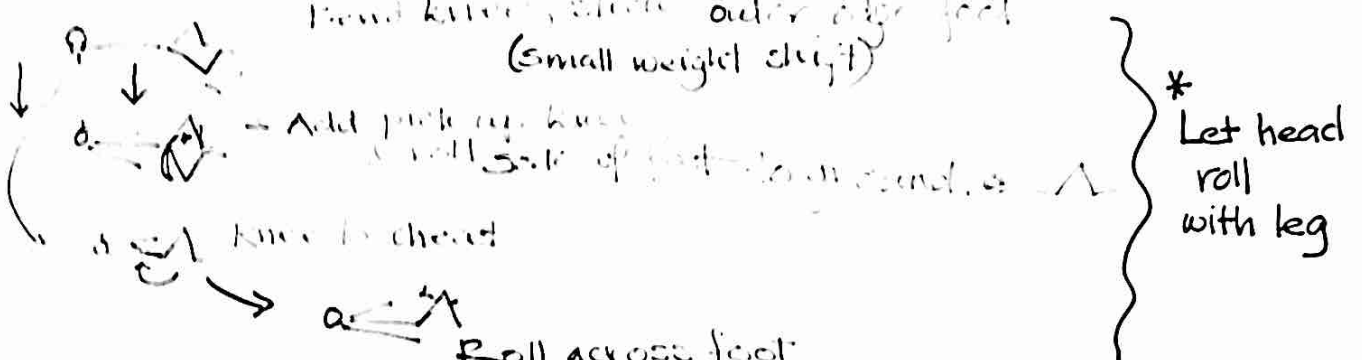
4⁴⁵ - 6 Mini-workshop - chair yoga.

Asana Class

→ Sensing self.

→ Roll one leg, feel the roll across heel, a rotation of leg. Keep foot relaxed.

→ Roll long leg, let head join in: - OUTWARDS. Bend knee, slide outer edge foot (small weight shift)



→ Add pressure, knee small side of foot - down ground.

knee to chest

Roll across foot

of P.K. of leg
Rotating leg, spiral
movement of the leg



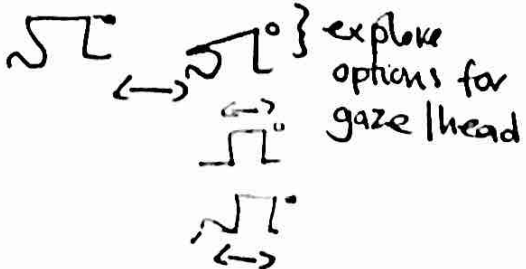
hold upper leg
fold in
Bend leg!

? Hold chin?
Not sure

→ slowly explore flexion - small Ω
extension - small Ω

Attend to
- arms, shoulder blades,
head, pelvis

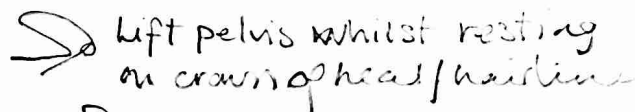
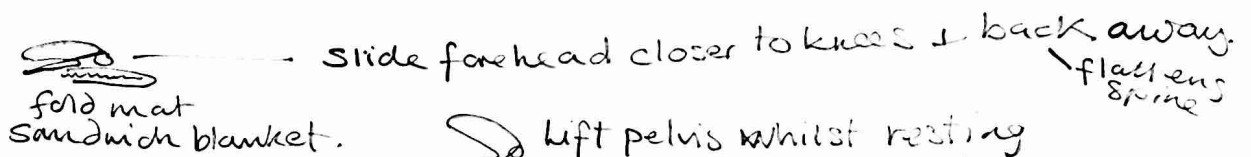
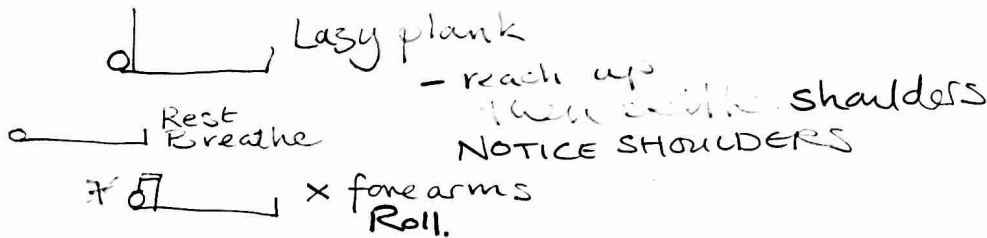
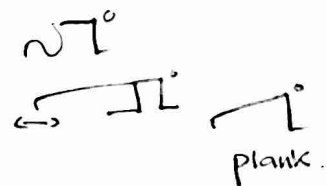
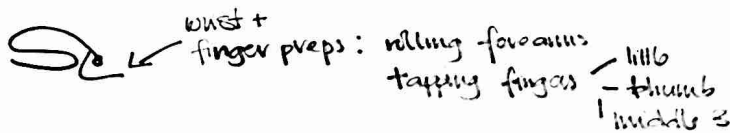
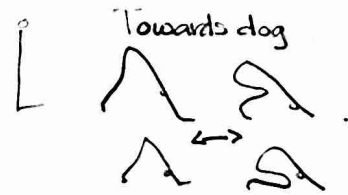
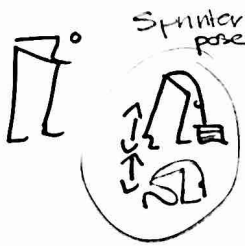
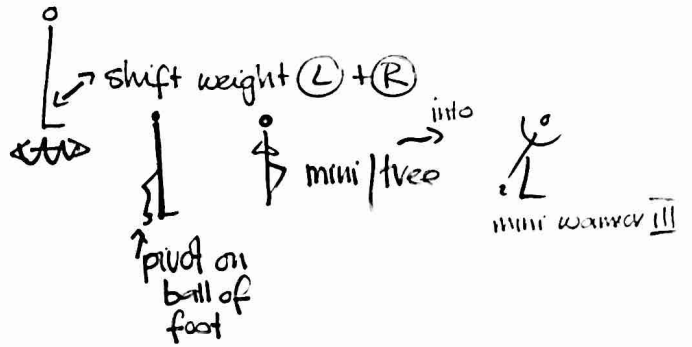
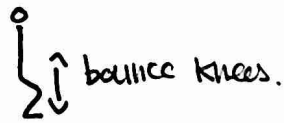
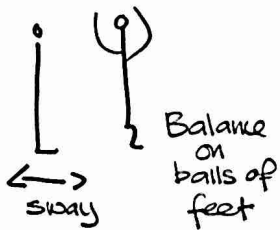
windscreen
wipe legs + feet → into patterned
side banding



Footballer's
Balance

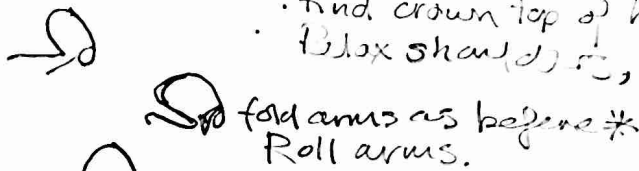
middle toes off
ground
then rest
foot

Lift toes
lower big toe,
then little
toe
- Bounce toe
one heel
then the
other



Roll over crown of head:

? Find crown top of head, rest here
 Block shoulders, heavy!



Rolling to anchor
 walk toes in.

