

Learning Outcomes

- "Students will increase awareness of their feet and understand why strong, mobile feet are so important in yoga and in life"

Week One

- > Tadasana
- > Weight shift side to side, front to back. Circling round the foot.
- > Any movement in the toes?

Week Two

- > Walking footprints - all angles.
- > Bouncing through the heels.
- > Toes in different positions.
- > Start process of differentiating between the toes.

Week Three

- > Hands + knees > finding hinges of the toes
- > Tapping tops of the feet
- > Walking along the mat > introduces mini Virhabhasana
- > Rolling a ball/bottle etc. along sole of the foot

Week Four

- > Awareness of foot position in Standing Poses
- > Inversion + Eversion of the feet, constraining the knee
- > Repetition of toe awareness.
- > Balancing on balls of the feet - coming onto tiptoes
- Distribution of weight across big toe joint → little toe joint
- > Introduce tripod of foot.

Week Five

- > Introduce a balance
- > Mini Tree + Variations on Tree
- > Moving towards Squat
- > Sprinters Pose Part One.
- > Weight-bearing through the feet + bending the knees.

Week Six

- > Sprinters Pose Part Two
- > Towards Virhabdrasana i) + iii)
- > Vajrasana with toes tucked under