

LYTTC Therapeutic Class
Saturday 13 July 2019 – Lisa and Bridget

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10.00 – 11.30am	Objectives	Preparation or Pose	Questions, Teaching Points, Diagrams etc.
Lisa 20 mins 10.00 – 10.20 am	Gathering, Settling in Sitting preparations	Sit on chair <ul style="list-style-type: none"> • Sit towards front of chair i.e. self supporting • Notice how mind and body feel right now • Bring attention to the breath, hands on where you feel the breath: 3 quiet breaths • Hands and wrists - mobilising • Hands in 'handful of flowers' for a moment • Sitting forward bend • Toes – flexing, mobilising etc.; rolling across feet; differentiating ankle/foot • Sit to stand without using hands 	Why do you think we included foot preparations at the beginning of the class?
Bridget 20 min section 10.15 – 10.35am	Warm ups and shoulder preparations	Arm swings, shoulders, swinging twist etc. Eagle arms	

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	<p>Balance Warrior Pose preparations/full pose</p>	<p>Slow walking back and forth along mat – into mini Virabhadrasana III - warrior pose</p> <p>Explore different arm positions eg. arms to side, arms loose, arms up, and/or arms in reverse Namaste or holding elbows</p> <p>Maybe, depending on your group of students, go into full warrior balance with fingertips on chair</p>	<p>What was the purpose of the different arm positions in warrior pose preparations?</p> <p>Which parts of the upper torso can feel most restricted in this movement?</p> <p>What other places do you think students might experience feelings of discomfort, tightness or resistance in Warrior III?</p> <p>What modifications or adaptations might you suggest?</p>
	<p>Counterpose</p>	<p>Soft half forward bend, elbows on knees</p>	<p>What holding patterns might you see in simple standing forward bends? What might this look like? Have a go at role playing these patterns.</p>

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	<p>Spinal Rotation Standing twist stage I – parsvakonasana</p>	<p>Upright Twist preparation Parsvakonasana exploration including Parivritta Parsvakonasana but not going forward</p>	<p>What is the fundamental movement of the spine here? Which bony structures are called on to move/respond apart from the spine?</p>
<p>Lisa 20 Min section 10.35 – 10.55am (10m)</p>	<p>Counterpose what came before; prepare for dog Weightbearing, gravity line, awareness of feet, strengthening of extrinsic muscles of the foot/lower leg Transitioning to the floor: Spinal Flexion (forward bend) Weight bearing through arms into hands</p>	<p>Forward bend to top of chair – lengthening out – like dog pose; Returning to tadasana; do a little bit of swaying along feet, balance on toes Sliding hands down legs into soft uttanasana, rpt x2 Walk hands on into dog pose</p>	<p>Why have we included two different forward bends here? What might the two different forward bends in this section highlight/ What are the advantages of each?</p>
	<p>Folding/flexing knees</p>	<p>Rest on hands and knees or elbows and knees – rock back and forth – n.b. foot organisation</p>	

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<p>(10m)</p>	<p>Hip adduction/abuction plus some rotation</p>	<p>Sit on bottom, hands resting back:</p> <ul style="list-style-type: none"> • Drop one knee out – hip prep – repeat x 3 then other side • Soft Baddha Konasana (cobblers pose) • Cobblers pose, dropping one knee over into side sit repeat each side a few times • Upavistha Konasana - wide stride sitting , rolling alternate legs in and out <p>Flip hands – wrist counter pose</p>	<p>Suggest props, and where you might position them, for use in this section of the class.</p>
<p>Bridget 20 min section 10.55 – 11.15am</p>	<p>Cat (spinal flexion and extension, hip extension and flexion)</p>	<p>Repeat hands and knees – rock back and forth – n.b. foot organisation</p> <p>Vajrasana (Kneeling on blocks/blankets, depending on knee issues) Ease out legs</p> <p>Bidalasana, Adho Muukha Savanasana (Cat-Dog)</p>	<p>What adaptations/alternatives could you offer for poses on hands and knees?</p> <p>Where do you think restriction in kneeling might be felt/experienced by a student?</p>
	<p>Prone spinal extension (backbend)</p>	<p>Sphinx with elbows various widths</p>	<p>Which areas of the spine do you need to take particular care with in prone backbends? Why?</p>

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	Counterposes	Apanasana (supine knees into chest)	Explain the choice of this pose to follow the prone backbend.
	Soothing	Supine rocking with legs crossed at ankles, knees wide	
Lisa 15 min 11.15 – 11.30am	Foot proprioception; Hip extension Spinal Rotation	Supine Pressing Feet – towards mini Setu Bandha Simple rocking twist, feet on floor (supine twist)	Why do you think we have included a mini/gentle Setu Bandha in this class?
	Rest, Quiet, assimilation time, breath	Legs on chair or ease out long or bolster Breath awareness Relaxation - savasana Singing bowl for the End	What, in your opinion, are some general objectives when planning classes for people with health conditions or those rehabilitating from illness or injury?

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