

LYTC Saturday 16 Nov. 2019

10-12¹⁵ Asana class

12¹⁵-12³⁰ Tea Break

12³⁰-1³⁰ Class Planning

1³⁰-2³⁰ lunch

2³⁰-4³⁰ Teaching Skills - headstand

4³⁰-4⁴⁵ Tea Break

4⁴⁵-5³⁰ Discussion with tea
Savasana


Asana Class Sat 16.11.19

+ One hand traces up centre of body from navel \rightleftarrows crown. Each side





+ repeat backs of hands tog,

+ ^{Base of thumbs} ~~Palms of hands~~ on forehead (moving/sliding hand: ~~onto~~ ~~across~~ forehead) ~~then repeat~~ ^{slide hand, nose stays pointing to ceiling.}

+  Raising & lowering scapulae

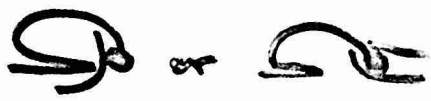
+  - hands to forehead. ^{Sliding} Moving head, neck, trunk - side bending

+  backs of hands tog, again taking them back \rightarrow

+  hands clasped - moving arms: side to side thereby one elbow is on the floor, the other off continuing into a side bend. (nose still facing ceiling) Finish bringing hands back down \rightarrow

o Sun Salutations
- experiment w. diff pace + dynamics

f Side bending in standing Ψ axis out and up
- experiment with palms facing up or down

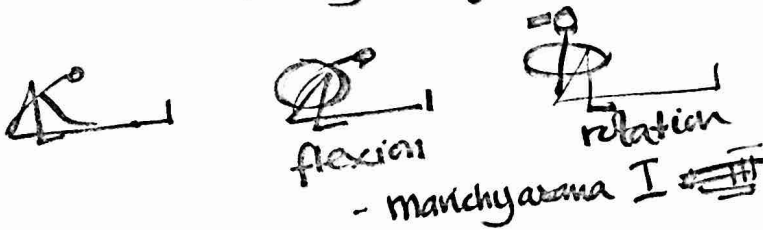
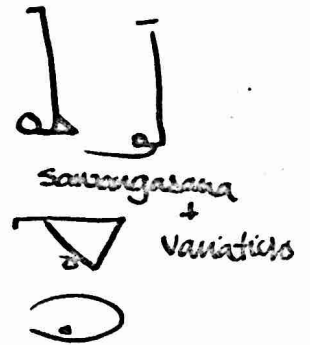


small m/m of head in flexion & extension.



↓
Quiet breathing
hand on chest
Initiating from head allowing
Shoulders to pivot forming
into thoracic spine & lead back
up with the head.
Eyes open

explore sliding of shoulder blades up & down + how this relates to sinking of elbows & feeling weight on head.



↓ - yawning breath. o — savasana
- false massage
or using mudra
↓
Sarnakhi mudra
(Many Stuart back)

March - final teaching

Friday:

11 - 12 Alison + Annie B
12.15 - 1.15 Annie C + Becky
2 - 3 Charlotte + Harriet
3.15 - 4.15 Jill + John

Saturday:

10 - 11 Katherine + Karin
11.15 - 12.15 Sarah + Silvia
1.30 - 3 Tamsin, Valeria, (Michael)