

Home practice yoga

Asana	Focus / Props
<p>Sukhasana – comfortable crossed leg position (feet under knees)</p> <p>Breath awareness – expansion & condensing then extending the exhalation</p> <p>Wrist rotations – forwards & back – taking the hands up towards the head & down – moving with breath</p> <p>Scapulae awareness (shoulder blades) inhaling to open chest & draw shoulder blades together, exhale to create space between scapulae, pushing hands forward</p> <p><i>Option:</i> add forward fold, swapping the cross of the legs & repeating</p> <p><i>Option:</i> add simple seated twist</p>	<p>Knees are below or level with hips – use a folded blanket for support</p> <p>Warm up</p> <p>arms forward, wrists flexed</p> <p>shoulders down away from ears</p> <p>Length through the spine & lower back, head in line with spine</p> <p><i>Gentle</i> rotation & spine opening</p>
<p>Bidhalasana – cat & cow curls</p> <p>Option: add lateral flexion +/- wagging tail 😊</p>	<p>Head in line with spine – inhale extension, exhale flexion – pushing up through the middle of the back</p> <p>Lateral = taking right shoulder <i>towards</i> right hip, left shoulder to left hip (moving with breath)</p>
<p>Vinyasa (flow sequence)</p> <p>Inhale table top – exhale child’s pose (balasana)</p>	<p>Toes tucked – yielding through the hands to go back, feet to go forwards</p> <p>Moving with breath – head in line with spine</p>
<p>Ardho mukha svanasana (downward facing dog)</p> <p>Walking feet in-between the hands – utanasana (forward fold)</p> <p>Spinal roll up, full roll to centre, roll to R, roll to L, one more to centre</p>	<p>Front & back body the same length, tucking armpits towards the body</p>
<p>Tadasana (mountain pose)</p>	<p>Weight evenly distributed through feet, standing tall</p>
<p>Surya Namaskar (sun salutation) vinyasa (flow sequence)</p> <p>From tadasana – inhale arms overhead looking up, exhale fold (utanasana), chest onto thighs, knees bent</p> <p>Inhale halfway lift</p> <p>Exhale hands to the mat & step back with one leg, then the other into downward facing dog</p> <p>Inhale forwards into full or half plank</p> <p>Exhale lower to chaturanga (4 limb stick pose)</p> <p>Release to the mat</p> <p>Pressing through palms (under shoulders or forwards & out to the side) baby back bend – up puppy or bhujangasana (cobra)</p> <p>Push back into downward facing dog</p> <p>Step forward one leg, then the other</p> <p>Inhale halfway lift</p> <p>Exhale fold</p>	<p>Release tension from the neck</p> <p>Extend the spine</p> <p>Head in line with spine – pressing through heels</p> <p>Strong through arms, broadness through back of the chest & shoulders, belly & chest lower as one</p>

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<p>Inhale bending knees – arms overhead & into Namaskar (palms together at heart centre) Repeat as many times as you wish 😊</p>	
<p>Round 2, 3, or 4 options: Add a high or low lunge at the beginning of the vinyasa (make sure that you do the other side from the second downward dog before stepping other foot in) Add virabhadrasana II (warrior II) instead of lunge</p>	
<p>Trikonasana (triangle pose), step R leg out and back, toes turned towards long edge of mat, arms at shoulder height, reach up & forwards to your threshold then cartwheel arms to lower L hand towards the inner thigh or shin, R arm overhead, opening chest stay for 3-6 breaths repeat other side, turning R toes out, L toes in</p>	<p>slightly narrower stance than warrior II, 2 heels in line if comfortable for low back & hips keep low side of the chest long rather than collapsing to reach down further – length not depth</p>
<p>Transition to the belly on the mat Sphinx / up puppy gentle beck bend with inhalation – stay for 3-6 breaths, gentle lower down</p>	<p>arms out wide, elbows bent, chest open, don't hinge at low back as you come up, long neck, shoulders down</p>
<p>Balasana – child's pose</p>	
<p>Uncurl up to sit on the heels , then legs out front for dandasana (staff pose), strong legs, palms to the mat, Inhaling to lengthen crown, weight to hands, Exhale, release to sit bones</p>	<p>sit on a folded blanket to ease tight hamstrings</p>
<p>Pachimottanasana (forward bend) , bent knee version</p>	<p>Sit bones on the mat or blanket – sitting tall Inhale length, Exhale slowly lower chest to the thighs, then, if available, lengthen & straighten legs, staying long through front body</p>
<p>Crossed leg twist (ardha matsyendrasana) One leg outstretched – bending other knee, foot to outside of the thigh, elbow to inside of the knee & twist away from bent knee, other hand behind the back repeat other side</p>	<p>inhale to lengthen crown, exhale twist take your time stay for 4-5 breaths</p>
<p>Savasana 😊 Or, Legs up the wall (viparita karani)</p>	<p>Support under the knees +/- small support under the head</p>