

BACK BEND WEEK

This week there is an emphasis on back bending movements for the spine. Work how you feel is appropriate, ie: use blocks, supported with a chair; choose props that work for you to give space and freedom. Pace yourself, do what you can. You have approx 1 hour 1/2 to get through this sequence, Enjoy!



Supta virasana or
Supta
baddhakonasana



Virasana forward



Sit in x legs 2 mins
lift spine, mind to
breath.



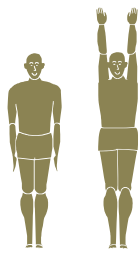
Dog pose, upward
dog x 3



Uttanasana
extend folded
arms towards
floor



handstand, forearm
balance x 2, OR walk
up backward to wall



tadasana; Urdva
Hastasana



Uttita Trikonasana



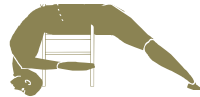
parsvakonasana



virabhdrasana 1



Prasarita
Padottanasana
working then concave



Viparita Dandasana
on chair; sacrum long
to heels ; 4 mins



Ustrasana x 2



Danurasana x 2



Chartush padasana
(bridge)
chest forward x 2



Urdvdanurasana
x 2 - 5



hug knees then supta
padangustasana 1,2,3



Dandasana;
feet apart, lift, then
twist L & R



Pascimottanasana
feet apart



Sirsasana
up to 4 mins



Setubandha with
BLOCK and feet to
wall hip level
3 mins



Savasana
7 mins

