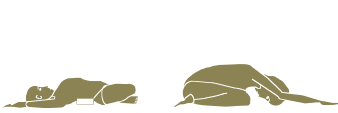


FORWARD BENDS AND TWIST WEEK

There is an emphasis on forward bending and twisting movements. Work how you feel is appropriate, ie: back foot to wall, blocks, supported head etc; choose props that work for the balance of the pose. Pace yourself. You have 1 hour 1/4 to get through this sequence, Enjoy!



Supta Baddhakonasana
then orward Virasana
Total 4 mins



adho mukha x 2
svanasana (Dog);
up to 2 min
or 2 x 1 min



Uttanasana
up to 2 mins
or 2 x 1 min



Prasarita
Padottanasana
2 mins



Tadasana
1 min



Trikonasana
1 min each side



Parsvottanasana
1 min each side



Pavritta Trikonasana
(twist in trikonasana)
1 min each side



Prasarita
Padottanasana
2 mins



Viparita Dandasana
Lay over a CHAIR
to open chest
3 mins



Sirsasana OR >>> block under tail bone
then raise L & R leg
4 minutes (put timer on)
3 mins



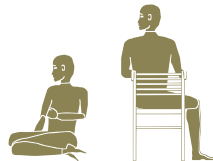
Savangasana
5 mins



Halasana
feet up on wall or
chair; work trunk
length; 2 mins



Dandasana;
then **twist** L then R
3 mins total



Bharadvajana
or chair twist
1 min each side



Maricyasana 3
1 min each side



Upavista Konasana
1. sit up right first
2. Then twist L then Right
3. Go forward ** 3 mins total



Janusirsasana **
1 min each side



Dandasana
Lift up chest, extend
legs out
1 min



Pascimottanasana **
2 mins



Savasana
5 mins

** Use Chair if needed to rest head
/ use belt to reach feet if needed

