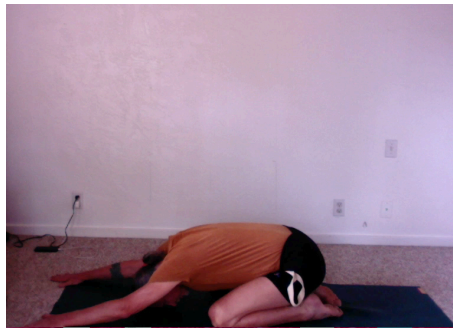
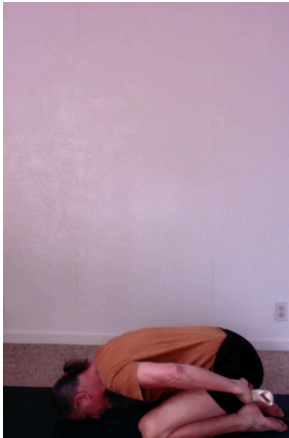




Sequence for September 2021 - Forward Extensions

Swastikasana



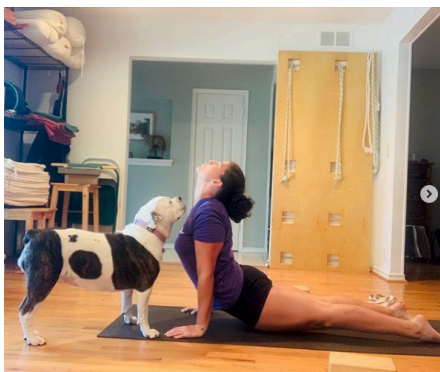
1) Adho Mukha Virasana (pull belt to move hip creases back & soften the front groins) - head on support if needed Move the fronts of the thighs back as you extend forward from the sides of the trunk and the front body. (**3 min**)



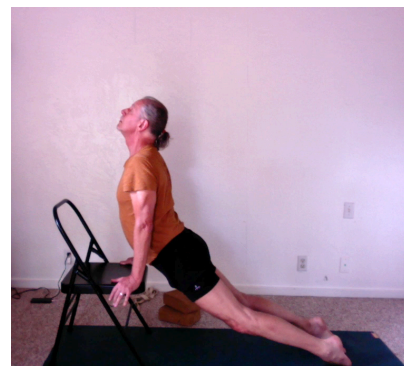
2) Adho Mukha Svanasana - Spread the fingers. Press the heel of your hand down and extend through the fingers. Turn the upper arms inside out and move the upper arm bones into the shoulder sockets. Lift the trapezius up away from the back of your head. Turn the backs of the thighs out and move the very top of the front thighs back. 2 straight arms 2 straight legs making the shape of an inverted V

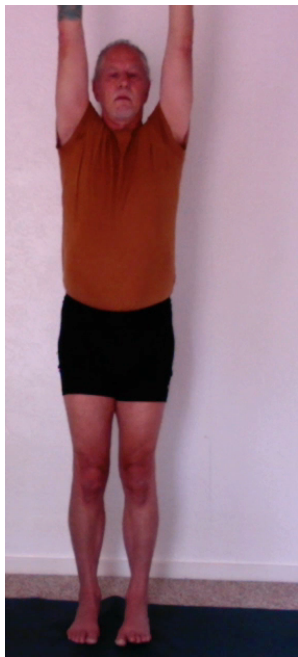
3) Adho Mukha Svanasana to Urdhva Mukha Svanasana (3-6 x with movement)
- no props or

Option: Can also be done as shown with hands on a block, chair, bench, stool etc.



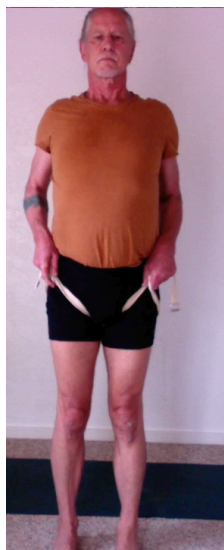
Where did that doggie come from ?





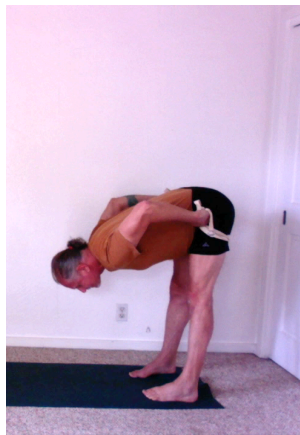
4)Tadasana - Press the 4 corners of both feet down evenly. Turn the back of the thgths out away from the midline. Lift the trunk up. Roll the shoulders back and pull the trapezium down away from the back of your head. Then raise the arms to

Urdhva Hastasana - Keep the feet and legs in Tadasana . Pull the trapezium down and you raise the arms to lift the trunk . Keep the floating ribs moving back and middle of the buttocks moving in to your body.

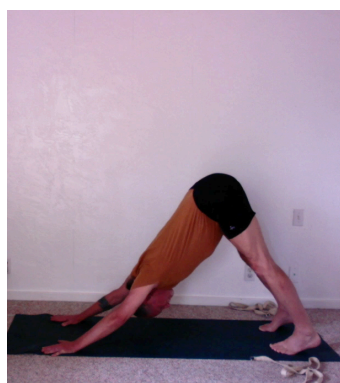


Stand at the back of your mat

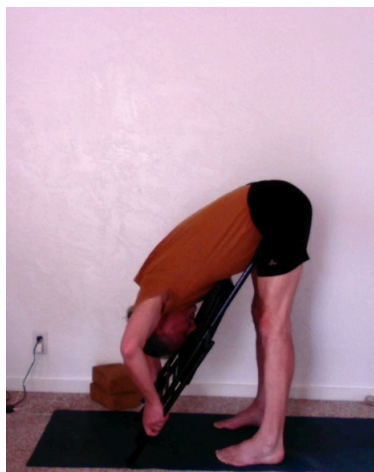
5)Tadasana with 2 straps in front groins - Press the 4 corners of the feet down. Hold the straps . Keep the elbows back to open the chest, and use the pulling UP to Lift the inner thighs , inner groins and femur bones UP. Then : Lift toes UP off the floor - feel shinbones lifting. Keep lifting and come to:



6)Uttanasana - lift inner quad and outer quad so who leg feels like it's lifting towards the ceiling. Then lift toenails up so shinbone lifts . Go SLOWLY forward into



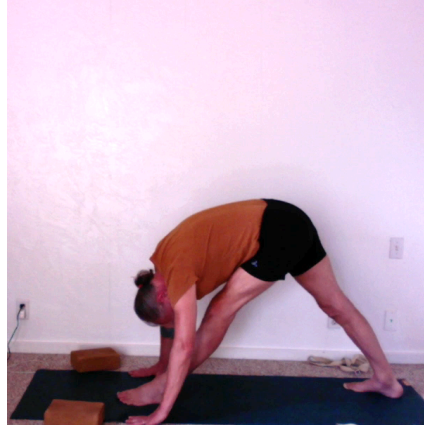
Adho Mukha Svanasana - let go of the belts but keep the lifting. Keep the toes lifted the whole way so heel goes down.



Option : do Uttansana with chair in front hip creases to feel the lifting action

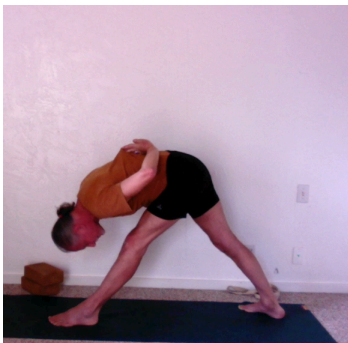
- 7) **Parsvottanasana** - Stand at the back of your mat and step the R leg forward. Press into inner edge of front foot, outer edge of the back foot as you bring the back leg hip forward and the front leg hip back. Lift the inner thighs up (like with the belts) as you Extend forward and come to

Concave Back Parsvottanasana to Hands Down - hands down in front of feet , (blocks if needed) . Keep the legs firm. Arms straight and turning from the inside out (like Dog Pose) to move the shoulders blades into your back. Look forward as you extend the trunk and turn the abdomen toward the front leg. Move the hands back outside your feet. Then with an exhalation , keep the feet glued down, keep turning the abdomen toward the front leg and come down over the front leg. (Repeat with the L leg forward)



- 8) **Pashima Namaskarasana** - Bring the palms together behind your back. Little finger side into the middle of your upper back. Move the spine in - away from the fingers. Inhale and Look Up (30 - 60 sec)

Option : Hold the elbows behind your back. Change the arm cross and repeat



- 9) **Parsvottanasana (Classic)** - repeat the pose with the R leg forward and hands in Paschima Namaskar or Baddha Hasta Mudra (holding elbows) . Repeat with the L leg forward.

Option : do the pose with Chair in front hip creases to feel the lift and to keep the pelvis level - both sides pressing evenly into the chair

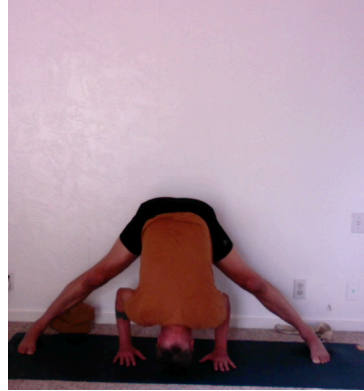




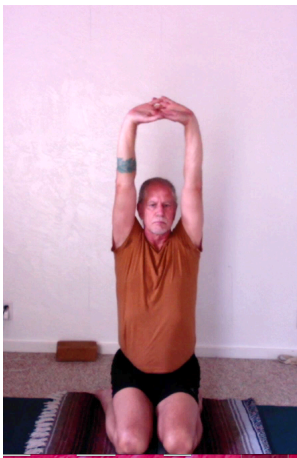
10) Prasarita Padottanasana - Concave Stage . Hands on floor or blocks in front with wrists under the elbows, elbows under the wrists. Outer edges of feet Down. Inner thighs Up. Use your inhalations to keep lengthening the trunk forward. To go further bring your fingers back in line with the toes - keep extending forward. Looking forward. Weight in outer edges of feet. Hips over ankles - don't fall backwards. Then Bend the elbows back behind you and with an exhalation bring head down to the floor for:

Prasarita Padottanasana 1

Option: stay in Concave Back Stage



10) Padangusthasana - Come to Concave Uttansana holding the big toes between your thumb and index fingers. Pull up on the toes and stamp the toes down into your fingers at the same time . Option : stay in Concave Back Stage



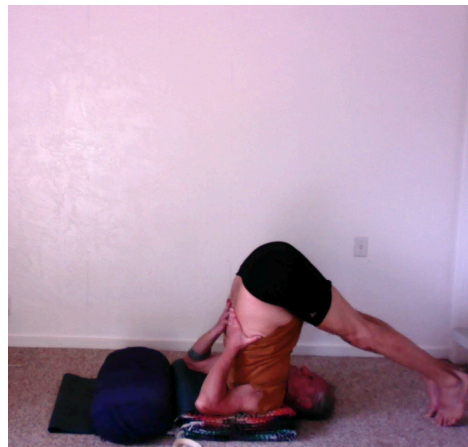
11) Parvatasana in Virasana - sit in Virasana (Can use a block or other height) interlace the fingers and stretch the palms up over your head. Arms straight. Trapezium down away from the back of yrru head. Switch interlace and repeat .

Option : Sit in Sukhasana/ Swasitkasana = Crossed legs

12) Sirsasana - Head Balance Can omit or



Can do Prep at the wall if you have blocks. Can omit

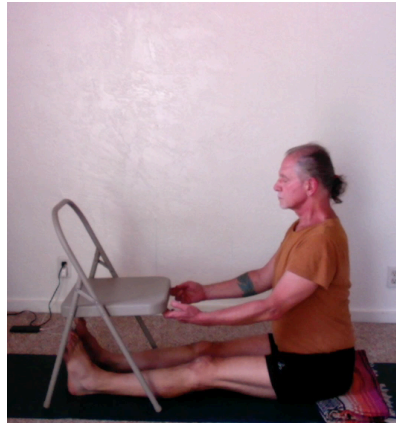


**13) Sarvangasana - with support (blankets etc)
to Halasana first with feet on the floor or to Arhda Halasana feet on a Chair.**

Option : Setu Bandha Sarvangasana on a block (below) . Can also straighten legs

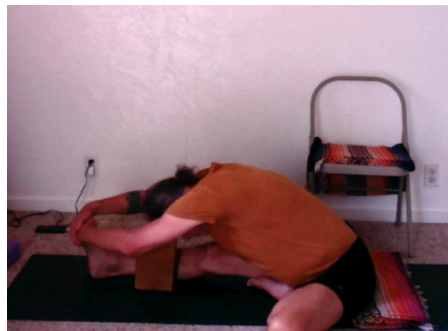
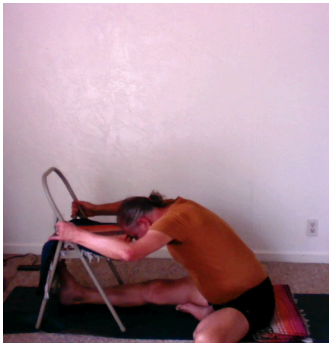
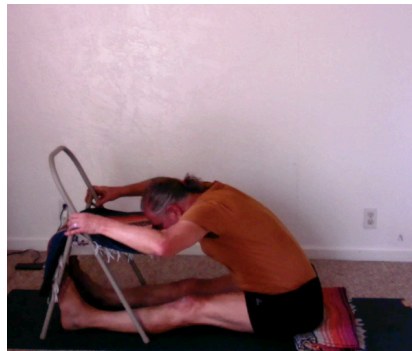


Seated Forward Bends - Rest forehead on a chair, block, bolster, pillow something ! Of course you can rest chin on shins if that is available to you .



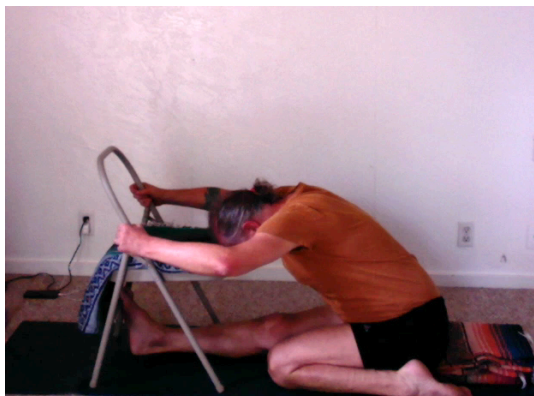
14) Dandasana Hands by sides of waist or chair

**15) Pashimottanasana
(1x)**

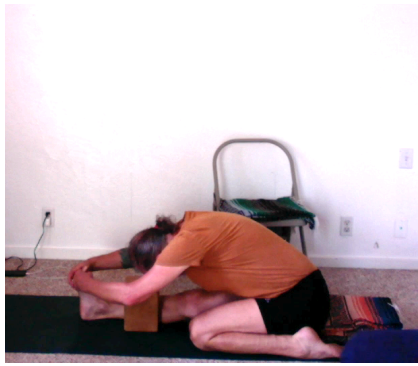


16) Janu Sirsasana

(1-2x ea side)



**17) Trianga Mukha Eka pada Paschimottanasana
(1-2x ea side)**



18) Marichiyasana 1 Twist (2x ea side)



19) Pashimottanasana



20) Savasana

