

September 2021 - Backward Extensions



1) Adho Mukha Virasana - hands on high bricks. Head support . Press top thighs back. Extend the trunk forward. Keep turning the upper arms inside out.

2) Adho Mukha Svanasana - hands on bricks at the wall. arms like Adho Mukha Virasana. Lift the shoulders up to the hips. Spread the hamstrings away from the midline. Push the hands down in the bricks, extend through the fingers and move the tops of the thighs way back. Reach down from the sitting bones to the heels.



3) Adho Mukha Svanasana on slanted bricks - to open the armpits and lengthen side trunk

4) Adho Mukha Svanasana feet on bricks heels into the wall - lifting inner groins, inner hips, outer hips, femur bones

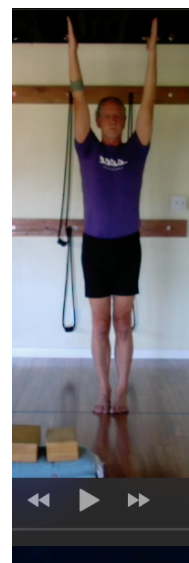


Alternatives - instead of Adho Mukha Virasana do Ardha Uttanasana with Chair. First Photo

Instead of Dog Pose variations do Dog Pose with Chair. 2nd photo



5) Tadasana



6) Urdhva Hastasana



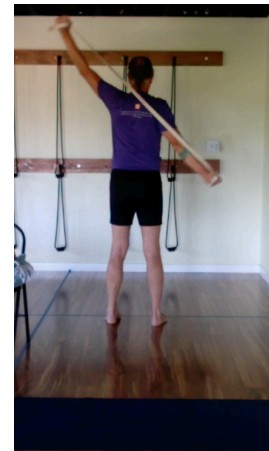
7) **Tadasana** - hands on top buttocks and move it down toward the floor. At the same time lift your floating ribs, bottom ribs up. Feel length in lumbar.

8) **Urdhva Hastasana** facing wall - keep same legs , buttocks from Tadasana and walk **hands up wall**. Pull trapezius down. Keep abdomen back away from the wall. Keep forearms away from the wall as you bring forehead towards the wall.



9) **Urdhva Hastasana** - **back at wall**. Reach arms up and put fingernails onto the wall. Lift heels up. Keep hands where they are as you slowly lower the heels.

10) **Beltwork** - keep elbows straight. Keep pulling the belt apart . First take the belt forward then backward (5x) Then in a diagonal behind your back, side to side (5x) Then Make Circles (5x in ea. direction)

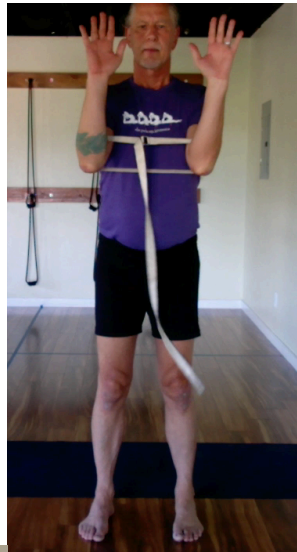


11) **Tadasana** - make fists . Pull elbows down. Keep them pulling down hard as you move upper armbones back toward the wall behind you. Feel middle of upper back go in . (2x)

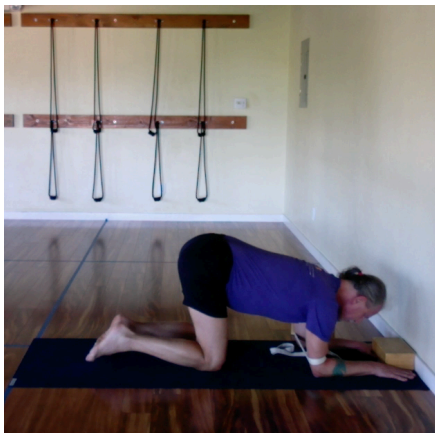




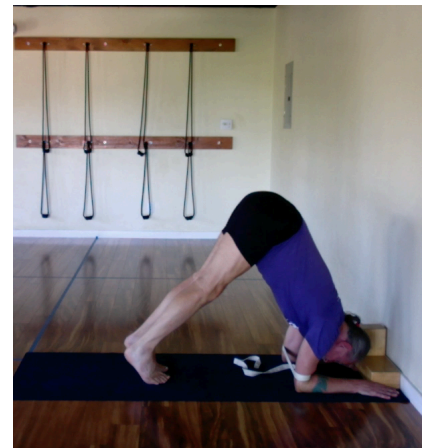
12) Urdhva Mukha Svanasana holding chair backrest - keep the middle upper back in , trapezius down. Stretch sitting bones to heels and keep hamstrings turning away from the midline .



13) Belt above the elbows. Resist elbows out into belt. Press arms forward . Pull shoulders back. Then repeat at the wall - same actions , pressing palms, wrists forearms, elbows into the wall as you pull the shoulders back away from the wall.



Repeat on the floor with brick. need extra brick isf shoulders are wide. Then Lift knees and hips up away from the floor and keep the same actions in the arms



Intermediate Students: Come up to Pincha Mayurasana

**14) Sirsasana
or**

Sirsasana Alternative

Sirsasana Alternative with Bricks . If you add a 3 fold blanket head comes to the floor. If not head stays off the floor.



15) Utthita Trikonasana - sliding chair to lengthen side ribs. Then take hand down to the shin without shortening the side ribs. R leg forward first, then Repeat on L



16) Chair Bharadvajasana (twist) to the L then stand up and repeat Triangle Pose with R leg forward. Before you come down , turn the trunk like you did



in the chair twist and keep it turning as you come into the pose. The sit down in the chair , twist to the R and repeat Triangle pose to the L.

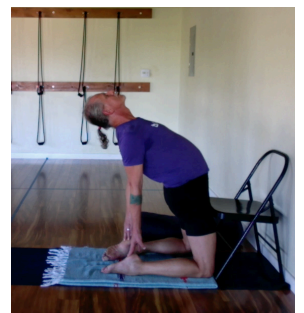
17) Parighasana- kneel on L leg. Extend R leg to wall, Keep turning trunk to the L as you come down into the pose. Top arm towards the wall. Don't let trunk face the floor.



Alternative: If you cannot kneel, sit in a chair and do Utthita Parsvakonasna with top arm reaching into the wall.



18) Ustrasana with a chair Keep Shins, ankles and tops of teh feet glued to the floor. shoudler blades into the back, thighs into the chair. hamstrings turning out away from the midline. Work at your level.



19) Urdhva Dhanurasana over the back of the chair - folded mat on back of the chair. Can put a bolster (for more support) over the mat or a blanket . Keep feet on front legs the whole time to stabilize the chair. Hands can hold back legs of the chair or take them to the wall.



20) Urdhva Dhanurasana hands on bricks at the wall then independent if you can . As always work at your level. You can put a bolster(s) under your back to make it easier to lift up.



21) Prasara Padottanasana - twisting . Take legs apart. Weight in outer edges of the feet . Hold R ankle with L hand and turn to the R. Roll R shoulder back. Keep head back. Repeat on the other side. Repeat as many times as needed to release back.



22) Supported Halasana - feet on height or thighs on support



23) Savasana for the Low back - calves elevated so legs make 90 degrees

