








ABDOMINAL FOCUS

DAY ONE

OVERVIEW - THE PHYSICAL BODY CORRESPONDS TO THE EARTH ELEMENT IN NATURE			A. MODE OF PRACTICE
We are the developing the qualities of earth within ourselves – solidity, strength, firmness and shape.			Explore Poses separately
NAME/TIMING	POSTURE	ACTIONS - ADJUSTMENTS	B. MODE OF PRACTICE
TADASANA (2 MINUTES) HASTASANA (1 MINUTE)		-press heels down and front thighs back - move sides of the sacrum away from waist. - hug outer legs toward centerline	Poses done in a flow C. MODE OF PRACTICE Add sun salutation in between poses D. MODE OF PRACTICE
UTTHITA HASTA PADANGUSTHASANA 1, 11, 111 (1 MIN PER SIDE)			Choose some Poses and do supported with longer holds HELPFUL PROPS
UTTANASANA (1 MINUTE) PADANGUSTHASANA (1 MINUTE)		Concave back - use blocks, chair or wall if required.	Blocks, strap, table or chair, ADDITIONAL NOTES
ADHO MUKHA SVANASANA (1 MINUTE) PHALAKASANA (1 MINUTE X2)			
CHATARANGA DANDASANA (1 MINUTE WITH SUPPORT)		Maintain proper arm position using blocks as shown or bolster under torso if required.	

<p>VASISTHASANA (1 MIN PER SIDE) ANANTASANA (1 MINUTE PER SIDE)</p>		<p>Stool can be used under hips to take weight off wrist if necessary. Strap can be used if you cannot reach foot.</p>	<p>WHAT IS HAPPENING IN YOUR PHYSICAL AND ENERGETIC BODIES?</p> <p>OBSERVE</p> <p>ANALYSE</p> <p>REFLECT</p> <p>AND</p> <p>ADJUST.</p> <p>LOOK FOR SPACE AND A BALANCE OF EFFORT AND EASE.</p>
<p>SUPTA PADANGUSTHASANA I, II, III (1 MINUTE PER SIDE)</p>			
<p>DANDASANA (1 MINUTE) PARIPURNA NAVASANA (30 SECONDS X3)</p>			
<p>APANASANA ARDHA NAVASANA (30 SECONDS X3)</p>			
<p>PRASARITA PADASANA</p>		<p>Legs can also be lowered to 60 and 30 degrees if possible</p>	
<p>JATHARA PARIVRITTA</p>		<p>Can be done bent or straight legs as strength increases.</p>	
<p>SUPTA SWASITKASANA (1 MIN PER CROSS)</p>			
<p>SUPPORTED SETU BANDHA SARVANGASANA (5 MIN) SAVASANA(10 MIN)</p>	