



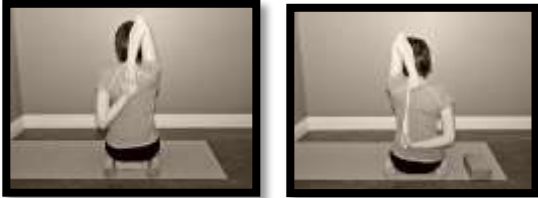








BEGINNERS DAY 5

SHOULDER FOCUS

OVERVIEW - SHOULDER PRACTICE IN THE MORNING TO WAKE UP.			A. MODE OF PRACTICE
The arms open the upper torso creating space around lungs and heart.			Mobility
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. MODE OF PRACTICE
URDVA HASTASANA PALMS FACING EACH OTHER AND PALMS FORWARD (2 MINUTES)		Using strap around wrists or elbows – stretching strap Or Using block between hands	Longer holds C. MODE OF PRACTICE
URDVA BADDHANGULLY ASANA PASCHIMA BADDHANGULLY ASANA IN UTTANASANA			Change the order! Keep things fresh!
VASISTHASANA HANDS AT WALL (1 MIN)			HELPFUL PROPS Strap, blocks, wall
CHATURANGA AT WALL (10 REPS EACH STAGE)		<ul style="list-style-type: none"> - Finger tips, - Finger pads - Flat hands 	MY ADDITIONAL NOTES
GOMUKASANA AND (1MIN A SIDE)			
SUPINE GAURDASANA FEET AT WALL (2 MIN/SIDE)			

BEGINNERS DAY 5

SUPINE LEG STRETCHES

OVERVIEW - LEG STRETCHES IN THE AFTERNOON TO SETTLE BODY MIND AND RELIEVE BACK STRAIN.			D. MODE OF PRACTICE
Proper work in the legs creates space in the lower abdomen for organs and protects the lower back.			Mobility
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	E. MODE OF PRACTICE
URDVA MUKHA PASCHIMOTTANASANA (3 MIN)		Options to have legs up the wall or Use a strap . Open backs of the knees.	Longer holds
URDVA MUKHA PRASARITA PADOTTANASANA (3 MIN)		Options to have legs up the wall or Use a strap . Open backs of the knees.	F. MODE OF PRACTICE
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Change the order ! Keep things fresh!</p> </div>			HELPFUL PROPS
SUPTA PADANGUSTHASANA I AND II (3 MIN EACH)			Strap, wall blanket
SUPTA PADANGUSTHASANA III AND IV (3 MIN EACH)			MY ADDITIONAL NOTES
ANATASANA (3 MIN/SIDE)			
SETU BANDHA SARVANGASANA SUPPORTED (3-5 MIN)	