






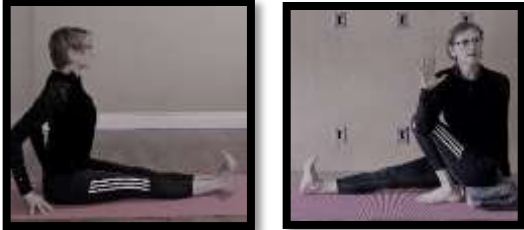





BEGINNERS DAY FOUR

TWISTING FOCUS

OVERVIEW - OUR PSYCHOLOGICAL BODY CORRESPONDS TO THE FIRE ELEMENT IN NATURE			A. MODE OF PRACTICE
As we extend, elongate and twist our bodies, – stay rooted and maintain the head in line with the spine.			Explore Poses separately
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. MODE OF PRACTICE
GARUDASANA BACK TO WALL AND PARSVOTTANASANA (2 MIN/SIDE)		Learn to squeeze and level hips	Poses done in a flow C. MODE OF PRACTICE Add sun salutation in between poses D. MODE OF PRACTICE
PARIVRTTA TRIKONASANA PARIVRTTA ARDHA CHANDRASANA (1 MIN/ SIDE)		Twists start: in the abdomen – then ribs – then shoulders – lastly the head	Poses done supported with longer holds HELPFUL PROPS
VIRABHADRASANA I PARIVRTTA PARSVAKONASANA (1MIN A SIDE)			Blocks, strap, table or chair, ADDITIONAL NOTES
PARIVRTTA HASTA PADANGUSTHSANA (1 MINUTE)			
ADHO MUKHA SVANASANA (1 MINUTE)			

<p>URDVA MUKHA SVANASAN (30 SEC X 3)</p>			<p><i>EXTENSION IS ATTENTION.</i></p> <p><i>EXPANSION IS AWARENESS.</i></p> <p><i>BRING ATTENTION AND AWARENESS TO YOUR SKIN.</i></p> <p><i>REMEMBER TO EXTEND SOMETHING NEEDS TO HOLD FIRM.</i></p>
<p>BHARADVJASANA I AND II (1 MIN/SIDE)</p>		<p>Twists can be done using chair if knee or hip issues prevent floor work.</p>	
<p>DANDASANA (1MINUTE) MARICYASANA III (1 MIN/SIDE)</p>			
<p>ARDHA MATSYENDRASANA (1 MIN/SIDE)</p>			
<p>CHATUSPADASANA (30 SEC X 3)</p>			
<p>SUPTA PADANGUSTHASANA (1 MINUTE PER SIDE) SUPTA PASCHIMOTTANASANA (1 MIN)</p>		<p>Stabilize the spine</p>	
<p>VIPARITI KARANI (3 MIN) SAVASANA(10 MIN)</p>	