



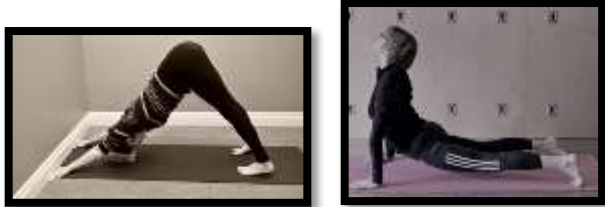











# BEGINNERS DAY SIX

## BACK EXTENSION FOCUS

OVERVIEW - STAY ROOTED TO THE EARTH AS YOU LIFT AND EXTEND			A. MODE OF PRACTICE
Back extensions lift our spirits and can increase our energy. Practice with sensitivity!			Explore Poses separately
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. MODE OF PRACTICE
TADASANA VIMANASANA OR ANJANEYASANA (1 MIN EACH)			Poses done in a flow C. MODE OF PRACTICE
VIRABHADRASANA I AND VIRABHADRASANA III (1 MIN PER SIDE)		Maintain squareness of hips to protect the lower back	Add sun salutation in between poses D. MODE OF PRACTICE
PARSVOTTANASANA UPRIGHT ( 1MIN PER SIDE)			Poses done supported with longer holds HELPFUL PROPS
ADHO MUKHA SVANASANA TO URDVA MUKHA SVANASANA ( 5 REPS EACH)			Blocks, strap, table or chair, ADDITIONAL NOTES
SALABASANA SERIES			

<p><b>ARDHA BHEKASANA</b> (3 X 1 MIN A SIDE)</p>		
<p><b>DHANURASANA</b> (3 X 1 MIN)</p>		
<p><b>MARICYASANA III</b> (1MIN)</p>		<p>Can be done standing at wall with chair.</p>
<p><b>BHARADVAJASANA I AND II</b> (1 MIN EACH PER SIDE)</p>		
<p><b>DANDASANA</b> (1 MINUTE) <b>PURVOTTANASANA</b> (1 MIN X2)</p>		
<p><b>SUPTA PADANGUSTHASANA I, II, III</b> (1 MIN PER SIDE)</p>		
<p><b>SUPTA PASCHIMOTTANASNA AND UPAVISTA KONASANA</b> ( 3 MIN EACH)</p>		
<p><b>SAVASANA LEGS ON CHAIR</b> (10 MIN )</p>		

**Six Spokes in the Wheel of Peace**

DISCRIMINATION

REASONING

PRACTICE

DETACHMENT

FAITH

COURAGE

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