




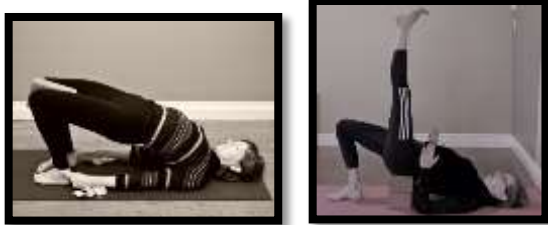


BEGINNERS DAY THREE

FORWARD BEND FOCUS

OVERVIEW - OUR MIND AND SENSES OF PECEPTION CORRESPOND TO THE WATER ELEMENT IN NATURE			A. MODE OF PRACTICE
Our yoga practice is intended to calm and clean the waves of thoughts that disturb our mind.			Explore Poses separately
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. MODE OF PRACTICE
TADASANA UTKATASANA UTTANASANA (5 MINUTES)		To still the mind focus on one thing each time you practice.	Poses done in a flow C. MODE OF PRACTICE Add sun salutation in between poses D. MODE OF PRACTICE
STANDING MARICYASANA I TWIST AND FORWARD (1MIN)			Poses done supported with longer holds HELPFUL PROPS
PARSVOTTANASANA URDVA PRASARITA EKAPADASANA (1 MIN PER SIDE)			Blocks, strap, table or chair, ADDITIONAL NOTES
UTTHITA HASTA PADANGUSTHASANA (1MINUTE)			
PADA HASTASANA HASTA PADANGUSTHASANA (1 MINUTE)			

<p>ADHO MUKHA SVANASANA (1 MINUTE) VIRASANA</p>			<p><i>“THE EGOIC SELF IS AN EXHAUSTING TRAVELING COMPANION, FOREVER DEMANDING THAT HIS CAPRICES BE PANDERED TO, THAT HIS WHIMS BE OBEYED (THOUGH HE IS NEVER SATISFIED), AND HIS FEARS BE CALMED (THOUGH THEY NEVER CAN BE)”</i> BKS IYENGAR</p> <hr/> <p><i>LET US LEARN TO BE CONTENT AND KIND IN THE PRESENT MOMENT.</i></p>
<p>DANDASANA TRIANGMUKAIKAPADA PASCHIMOTTANASANA (1 MINUTE)</p>		<p>Sit on whatever height necessary to maintain correct alignment in bent knee.</p>	
<p>KROUNCHASANA (1 MIN PER SIDE)</p>			
<p>MARICYASANA I TWIST AND FORWARD (1MIN EACH STAGE AND SIDE)</p>			
<p>HALASANA (3 MINUTES)</p>			
<p>SETUBANDHA SASRVANGASANA (1 MINUTE) EKA PADA SETUBANDHA SASRVANGASANA (1 MINUTE PER SIDE)</p>			
<p>SUPTA BADDHA KONASANA NO PROPS (3 MIN) SAVASANA(10 MIN)</p>	