












BEGINNERS DAY TWO

FOCUS - OPEN TWISTS

OVERVIEW - THE PHYSICAL BODY ALSO CONTAINS THE ELEMENT OF SPACE. --- CREATE SPACE ---			A. MODE OF PRACTICE
There are two aspects - The Body contains Space within it and there is Space that surrounds it.			Explore Poses separately
NAME/TIMING	POSTURE	COMMENTS - ADJUSTMENTS	B. MODE OF PRACTICE
BADDHA KONASANA (5 MINUTES) TWIST (30 SEC/SIDE)		Press heels together Externally rotate thighs Extend from inner groin to knee Pull thigh bone from outer knee into hip socket	Poses done in a flow C. MODE OF PRACTICE Select a Few Poses done supported with longer holds D. MODE OF PRACTICE
UTTHITA HASTA PADASANA PARSVA HASTA PADASANA (1 MIN/SIDE)		Root heels in all standing poses When leg is externally rotated keep foot knee and hip in line.	For more active practice - Add sun salutation in between poses HELPFUL PROPS
VIRABHADRASANA II UTTHITA PARSVAKONASANA (1 MIN/SIDE)		Externally rotate thighs Extend from inner groin to knee of bent leg. Pull thigh bone from outer knee into hip socket	Blocks, strap, table or chair, ADDITIONAL NOTES
UTTHITA TRIKONASANA ARDHA CHANDRASANA (1MIN/SIDE)		Externally rotate thighs Extend from inner groin to heels. Keep extending through back leg to heel.	
UTTHITA HASTA PADANGUSTHASANA (1 MIN/SIDE) VRKASANA (1 MIN/SIDE)		Externally rotate up leg. Extend from inner groin to knee. On standing leg, press heel and move outer hip toward center line.	

<p>PRASARITA PADOTTANSANA (1 MIN CONCAVE AND 1 MIN FULL)</p>		<p>Root heels Lift from arches to inner groins. Outer legs toward Center line. Extend front of spine.</p>	<p>ALL OF OUR ATOMS ARE MOSTLY SPACE.</p> <p>“CORRECT ALIGNMENT CREATES CORRECT SPACE .</p> <p>WHEN YOU COLLAPSE YOUR POSTURE ,</p> <p>YOU COLLAPSE YOUR SOUL.</p> <p>WHEN YOU COLLAPSE THE SPACE</p> <p>YOU COLLAPSE THE SOUL.”</p> <p>BKS IYENGAR</p>
<p>MALASANA (1 MIN)</p>		<p>Blocks or folded blanket under heels if necessary. Working towards feet flat on floor .</p>	
<p>MARICYASANA I (1MIN/SIDE)</p>		<p>Be aware of space, if in binding you lose space consider backing up to first phase where you can lift spine.</p>	
<p>UPAVISTA KONASANA (2 MINUTES) PARIVRITTA (1 MIN/ SIDE)</p>			
<p>JANU SIRASANA (1 MIN/SIDE) PARIVRITTA JANU SIRASANA (1 MIN/ SIDE)</p>		<p>Chair can be used as in pose above.</p>	
<p>ADHO MUKHA SWASTIKASANA (1 MIN PER CROSS)</p>		<p>Extend down the center and then twist to each side over knee and then change cross of legs and repeat.</p>	
<p>SUPPORTED SETU BANDHA SARVANGASANA (5 MIN) SAVASANA (10 MIN)</p>	