

CLASSICAL ASANA'S INSTRUCTIONS SCRIPT FOR YOGA TEACHERS

Alignments, Modifications and Instructions script



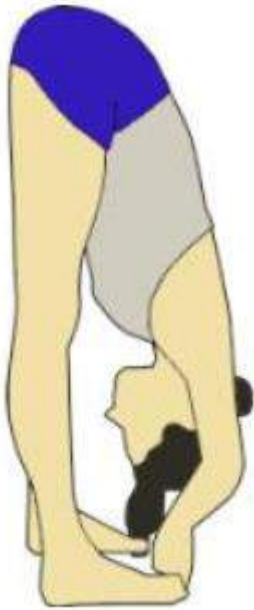
AMAR VRAJLAL THAKKAR
Samarpan Yoga Studio

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STANDING ASANAS

Padaangushthasana (Standing hand holding big toe pose)



Category: Standing asana

Primary body parts involved:

Contraindications: Hip, knee, ankle, spine injuries, hamstring injuries, sciatica, slipped disc, high BP, weak heart, Vertigo, pregnancy

Key alignments:

Starting position - Samasthiti.

From samasthiti, keep your feet hip width apart and parallel, palms on the hip, feet firm.

Moving in - Inhale - Take a gentle backbend,

Exhale - bend forward - half way, take a 3finger grip on your big toes, secure the grip firmly.

Inhale - look up, chest up, lengthen your spine.

Exhale - fold forward, bend your elbows, shoulders away from the neck, Gaze down.

Conscious breathing - 5 breaths. Go deeper with every exhalation.

Moving out - Inhale - head up, chest up,

Exhale - release the grip, hands on the hip.

Inhale – spine up, gentle back bend.

Exhale - Samasthiti.

Modifications: Knees can be bent

Counterpose: Back bend in standing

Benefits: Improves the flexibility and strength of hips, hamstrings, shoulders, upper back and spine, Improves digestion, stimulates nervous system, reduces stress.

Trikonasana (Triangle pose)



Category: Standing asana

Primary body parts involved:

Contraindications: Hip, knee, ankle, spine injuries, hamstring injuries, sciatica, slipped disc, high BP, weak heart

Key alignments:

Starting position - Samasthiti.

From samasthiti, step your right foot back and turn on the right side of the class. Medium stance, feet in line, toes pointing forward

Palms on the hip, turn your right foot on the right side, hips and shoulders square, feet firm.

Extend your arms on the side at shoulder level, look towards right palm.

Moving in - Inhale - Slight stretch on the side

Exhale - bend on the side and take the ankle grip, gently gaze towards the left palm

Your hip and chest open, shoulders in line, head and foot in line

Conscious breathing - 5 breaths.

Moving out - Inhale - look down.

Exhale - release the ankle grip,

Inhale - Centre, Exhale - Right foot in, left foot to the left side. Hips and shoulder squared, gaze on the left palm,

Moving in - Inhale - Slight stretch on the side

Exhale - bend on the side and take the ankle grip, gently gaze towards the right palm

Your hip and chest open, shoulders in line, head and foot in line

Conscious breathing - 5 breaths.

Moving out - Inhale - look down.

Exhale - release the ankle grip,

Inhale - Centre, Exhale – Samasthiti

Modifications: Shin grip, slight bend on the knee, gaze can be down.

Counterpose:

Benefits: Improves the flexibility and strength of hips, shoulders, upper back, chest and spine. Improves digestion, stimulates nervous system, reproductive system. Improves posture.

Parsvakonasana (Side angle pose)



Category: Standing asana

Primary body parts involved:

Contraindications: Hip, knee, ankle, spine injuries, high BP

Key alignments:

Starting position - Samasthiti.

From samasthiti, step your right foot back and turn on the right side of the class. Wide stance, feet in line, toes pointing forward

Palms on the hip, turn your right foot on the right side, hips and shoulders square, feet firm.

Extend your arms on the side at shoulder level, look towards right palm.

Moving in - Inhale – bend your knee on the side, knee and ankle in line,

Exhale – bend on the side, place the palms on the floor on the inside of right foot, left arm stretched up, gaze towards the left palm.

Left feet active, chest open, shoulders in line, body weight in the center.

Conscious breathing - 5 breaths.

Moving out – Inhale - look down, come up to the center, right foot in.

Exhale – Left foot on the left, hips and shoulders square, gaze on the left palm.

Moving in - Inhale – bend your knee on the side, knee and ankle in line,

Exhale – bend on the side, place the palms on the floor on the inside of left foot, right arm stretched up, gaze towards the right palm.

Right feet active, chest open, shoulders in line, keep the body weight in center.

Conscious breathing - 5 breaths.

Moving out – Inhale - look down, come up to the center

Exhale – Samasthiti

Modifications: *Elbows can be on the thigh, the other hand can be on the hip, gaze can be down.*

Counterpose:

Benefits: *Improves the flexibility and strength of hips, shoulders, upper back, chest and spine. Improves digestion, stimulates nervous system, reproductive system. Improves posture.*

Parivritta Parsvakonasana (Revolved Side angle pose)



Category: *Standing asana*

Contraindications: *Hip, knee, ankle, spine injuries, high BP, Pregnancy*

Key alignments:

Starting position – Adhomukhashwana (From samasthiti, bend forward, place your right feet back, left feet back, hips up, heels on the floor, fingers firm – adhomukhashwana.

From sukhasana, come to all fours, tuck your toes, lift your knees, hips back, fingers firm – adhomukhashwana)

From adhomukhashwana, step your right foot forward between the palms, feet are in wide off line stance, left heel down, toes pointed slightly out,

Moving in - Inhale – rise up, palms at the heart center, lengthen your spine, create space

Exhale – Twist on the side such as left elbow is on the outer side of right knee, if you are comfortable, you can keep left palm on the floor - outside of right foot, right arm stretched up, gaze towards the right palm.

Left feet active, chest open, body weight in the center. Conscious breathing - 5 breaths.

Moving out – Inhale - look down, release the twist, palms by the side of the foot.

Exhale – Right leg back to adhomukhashwana.

Paddle your feet here. Prepare for the practice on left side.

From adhomukhashwana, step your left foot forward between the palms, feet are in wide off line stance, right heel down, toes pointed slightly out,

Moving in - Inhale – rise up, palms at the heart center, lengthen your spine, create space

Exhale – Twist on the side such as right elbow is on the outer side of left knee, if you are comfortable, you can keep right palm on the floor - outside of left foot, left arm stretched up, gaze towards the left palm.

Right feet active, chest open, body weight in the center.

Conscious breathing - 5 breaths.

Moving out – Inhale - look down, release the twist, palms by the side of the foot.

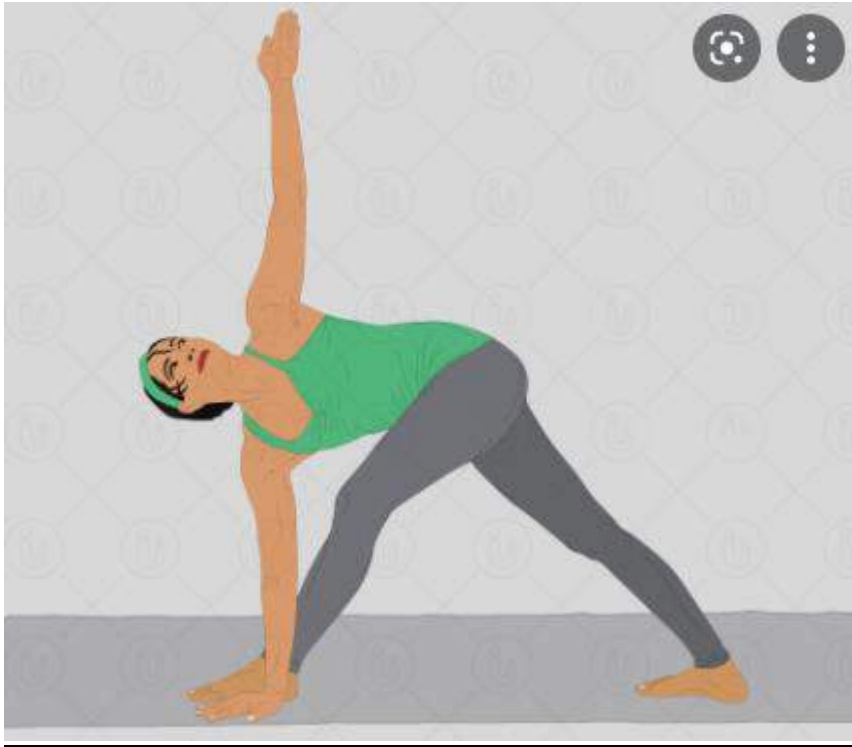
Exhale – Left leg back to adhomukhashwana.

Paddle your feet couple of times. Drop your knees down and relax in vajrasana.

Modifications: *Back heel off the floor, back knee on the floor.*

Benefits: *Improves the flexibility and strength of hips, shoulders, upper back, chest and spine. Improves digestion, stimulates nervous system, reproductive system. Improves posture.*

Parivritta Trikonasana (Revolved Triangle pose)



Category: Standing asana

Primary body parts involved:

Contraindications: Hip, knee, ankle, spine injuries, hamstring injuries, sciatica, slipped disc, high BP, weak heart, hernia, pregnancy.

Key alignments:

Starting position - Samasthiti.

From samasthiti, step your right foot back and turn on the back of the class. Medium stance, feet off line, hands on the hip.

Hip and shoulder squared. Back foot toes slightly pointed out.

Moving in - Inhale - extend your arms at shoulder level.

Exhale twist on the right, place your left palm inside of the right foot, and your right arm extended up. Shoulders and arms are inline. Gaze up. Body weight in the center.

Conscious breathing - 5 breaths.

Moving out - Inhale - Exhale gaze down.

Inhale come up to the centre, exhale hands on the hip.

Repeat on the left side.

Gently turn towards the front of the class. Feet offline, hips and shoulders squared. Back foot firm and toes diagonally pointed out.

Moving in - Inhale - extend your arms at shoulder level.

Exhale twist on the right, place your right palm inside of the left foot, and your left arm extended up. Shoulders and arms are inline. Gaze up. Body weight in the center.

Conscious breathing - 5 breaths.

Moving out - Inhale - Exhale gaze down.

Inhale come up to the centre,

Exhale – Samasthiti.

Modifications: Hands can be on the shin. Gaze can be down.

Counterpose:

Benefits: Improves the flexibility and strength of hips, shoulders, upper back, chest and spine. Tones abdomen. Improves digestion, metabolism, stimulates nervous system, reproductive system. Improves posture.

Anjaneyasana (Crescent moon Pose)



Category: Standing asana

Primary body parts involved:

Contraindications: Hip, knee, ankle, spine injuries, hernia, recent abdominal surgeries, high BP, weak heart, Pregnancy.

Key alignments:

Starting position – Adhomukhashwana – feet apart (From samasthiti, bend forward, place your right foot back, left foot back, hips up, heels on the floor, fingers firm – adhomukhashwana.

From sukhasana, come to all fours, tuck your toes, lift your knees, hips back, fingers firm – adhomukhashwana)

From adhomukhashwana, step your right foot forward between the palms, feet are in wide off line stance, left knee down, toes pointed out, (you can fold the mat to support your back knee) right knee and ankle in one line, hips and shoulders squared.

Moving in – Inhale – rise up, spine upright

Exhale - palms at the heart center.

Inhale – lengthen your spine, engage your core, arch backwards, arms stretched above in line with the ears. (keep your palms together or apart) Gaze up.

Conscious breathing - 5 breaths.

Moving out – Inhale – spine neutral, relax your hip and back

Exhale - palms on the either side of the foot, back to Adhomukhashwana.

Paddle your legs couple of times. Prepare yourself to do this posture on the left side.

From adhomukhashwana, step your left foot forward between the palms, feet are in wide off line stance, right knee down, toes pointed out (you can fold the mat to support your back knee) left knee and ankle in one line, hips and shoulders squared.

Moving in – Inhale – rise up, spine upright

Exhale - palms at the heart center.

Inhale – lengthen your spine, engage your core, arch backwards, arms stretched above in line with the ears. (keep your palms together or apart) Gaze up.

Conscious breathing - 5 breaths.

Moving out – Inhale – spine neutral, relax your hip and back

Exhale - palms on the either side of the foot, back to Adhomukhashwana.

Paddle your legs couple of time. Drop your knees and relax in Vajrasana.

Modifications: Palms can be on hips, gaze forward

Counterpose: Shishuasana/Balasana/Child's Pose

Benefits: Improves the flexibility and strength of hips, shoulders, upper back, chest and spine. Good chest and hip opener. Stretches and tones abdomen. **Reduces belly fat.** Improves digestion, stimulates nervous system, reproductive system. Improves posture, grounding. Enhances deep breathing. Improves concentration.

Natarajasana(Lord of dance pose)



Category: Standing - Balance posture

Primary body parts involved:

Contraindications: Injuries of major joints, Vertigo, Late stages of pregnancy, Obesity, Weak leg muscles, weak heart, high BP

Key alignments:

Starting position: Samasthiti

Keep your feet together, hips and shoulders squared. Gently, shift weight on the left leg, left palm on the hip. Bend your right knee, heel close to buttock, hold your right ankle with right palm from outside and take your knee away from center. Make sure hip is not tilted to one side.

Fix your gaze at one point. Once you find stability

Moving in – Inhale - raise your left arm up in chin mudra close to ears. Arch backward. Gaze at a point. Breath.

Conscious breathing - 5 breaths.

Moving out – Inhale - Gently release the right leg. Arms down.

Exhale - Samasthiti.

Couple of breaths in Samasthiti, prepare yourself to do this posture on the left side.

Keep your feet together, hips and shoulders squared. Gently, shift weight on the right leg, right palm on the hip. Bend your left knee, heel close to buttock, hold your left ankle with left palm from outside and take your knee away from center. Make sure hip is not tilted to one side.

Fix your gaze at one point. Once you find stability

Moving in – Inhale - raise your right arm up in chin mudra close to ears. Arch backward. Gaze at a point. Breath.

Conscious breathing - 5 breaths.

Moving out – Inhale – Gently release the right leg. Arms down.

Exhale - Samasthiti.

Counterpose:

Modifications: *Slightly lean forward, hands can be on the hip, wall support.*

Benefits: *Improves flexibility and strength hips, legs shoulders, arms. Grounding is improved, improves posture, Improves focus and balance. Good posture for introvert people*

SITTING ASANAS

Bhadrasana (Gracious pose)



Category: *Classical asanas*

Primary body parts involved: *Knees, Ankles, Hips, Spine, Calf, Quadriceps and inner thighs*

Contraindications: *Knee, hip, ankle and spine injuries, hernia.*

Key alignments: Start from Vajrasana, Inhale – as you exhale spread the knees as far as possible, big toes touching each other and buttocks touching on the inner part of the feet or on the floor. Palms placed on the knees facing down, head and spine erect.

Gently close your eyes and breathe consciously. Observe the flow of air in and out of the nostrils.

Conscious breathing for 5 breaths.

Inhale Vajrasana – Exhale Dandasana

Counterpose: Tap your legs and rotate your ankles, hug the knees close to the chest.

Modifications: Sit in Sukhasana or Vajrasana and observe your breath. Saral Dhanurasana or Patangasana.

Benefits: Improves flexibility and strength of hip and spine. Grounding is improved.

Padmasana (Lotus Pose)



Category: Classical asana

Primary body parts involved: knee, ankle, thighs, hips, back, spine

Contraindications: Knee, ankle and back injuries, sciatica, pregnancy.

Preparation: Patangasana.

Key alignments: Start from Dandasana, Inhale bend your right knee, exhale place the heel on the opposite hip such that the soul of the foot is facing up.

Inhale bend your left leg; Exhale place the left heel over the right hip.

Knees down, sit bones firm on the floor, head and spine erect, hands in Chin mudra. Gently close your eyes.

Consciously take 5 breaths.

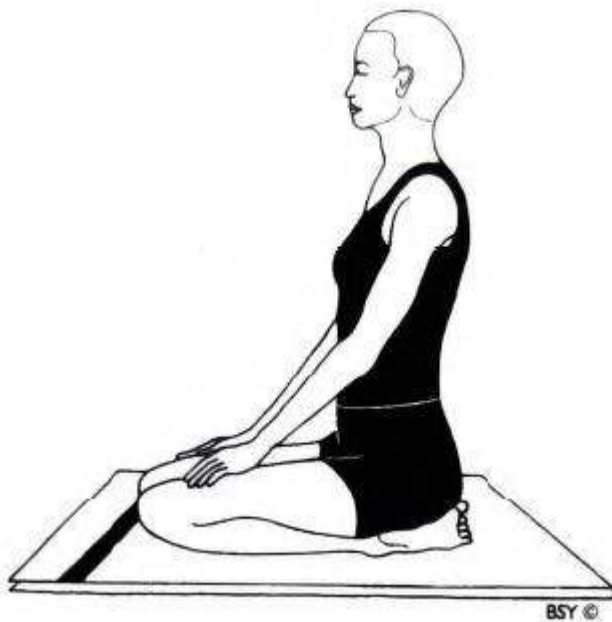
Counter posture: Tap your legs, hug your knees, rotate your ankles.

Modifications:

- Sukhasana
- Ardhpadmasana

Benefits: Reduces BP, increases blood flow to the abdomen, improves digestion, calms the nervous system.

Vajrasana (Thunderbolt pose)



Category: Classical asanas

Primary body parts involved: Knees, Ankles, Hips, Spine, Calf

Contraindications: Knee, ankle and spine injuries

Key alignments: Start from kneeling on both the knees, big toes touching, heels apart.

Inhale – as you exhale lower your buttocks such that heels are touching the sides of your hips, head and spine upright, palms on the knees facing down. Gently close your eyes and breathe consciously. Observe the flow of air in and out of the nostrils.

Conscious breathing for 5 breaths.

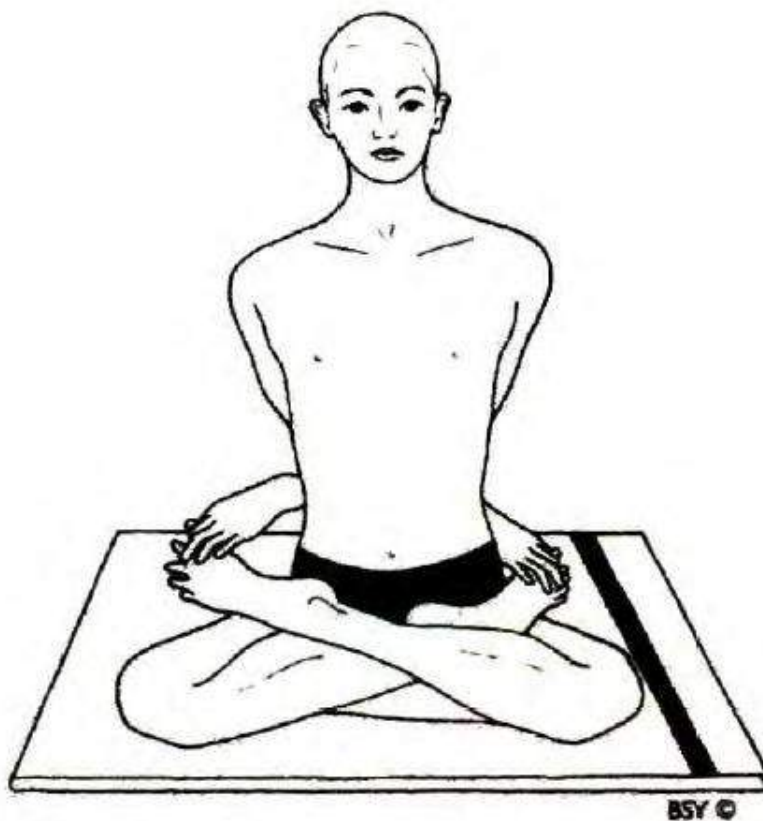
Inhale – Exhale back to Dandasana

Counterpose: Tap your legs and rotate your ankles.

Modifications: Sit in Sukhasana and breath consciously.

Benefits: It strengthens the pelvic muscles, improves digestion. It is advisable to sit in Vajrasana for 5 minutes after meals. It is a good meditative asana.

Baddha Padmasana (Bound Lotus Pose)



Category: Classical asana

Primary body parts involved: knee, ankle, thighs, hips, back, spine, arms, wrist.

Contraindications: Knee, ankle, hips and back injuries, sciatica, pregnancy, high BP, weak heart, hernia, serious eye conditions.

Preparation: Patangasana.

Key alignments: Start from Dandasana, Inhale bend your right knee, exhale place the heel on the opposite hip such that the soul of the foot is facing up.

Inhale bend your left leg; Exhale place the left heel over the right hip.

Knees down, sit bones firm on the floor, head and spine erect.

Inhale, Exhale take your right hand around your back and bind the left big toe and left hand binds the right big toe. If you can't reach the toes, bind the opposite elbows.

Inhale spine upright, Exhale gently close your eyes.

Consciously take 5 breaths.

Inhale Exhale release the bind, gently release the legs, back to Dandasana.

Counter posture: Flap the legs, rotate your ankles and wrists, hug the legs together.

Modifications:

- Ardhpadmasana or Sukhasana
- Bind the arms with shoulder blades close to each other.

Benefits: Improves flexibility of hips, thighs and ankles; stretches shoulder, back and arms; improves posture.

Gomukhasana (Cow's face pose)



Category: Classical asanas

Primary body parts involved: Knees, hips, shoulder, chest, upper back

Contraindications: Neck, shoulder, hip, knee, wrist, back and ankle injuries; pregnancy

Preparation: Patangasana and Shishupalasana

Key alignments: Start from Dandasana, slightly bend both the knees, feet on the floor.

Slide the left foot below the right leg such that the left heel is on the outside of the right hip, knees pointed forward.

Then cross the right leg over the left such that the right heel is on the outside of the left hip.

Stack your knees above each other pointing forward. Sit bones evenly on the floor.

Inhale bend your left elbow behind your back such that the back of the hand rests on the spine.

Exhale – Inhale raise your right arm, bend your elbow, palm facing the spine. Arm close to the ears. Clasp your hands.

Keep the spine erect, chest open and gently close your eyes.

Conscious breathing - 5 breaths.

Inhale release the interlock and arms, Exhale relax your legs and come to Dandasana.

Repeat on the left side.

Counterpose: Tap your legs and rotate your shoulders.

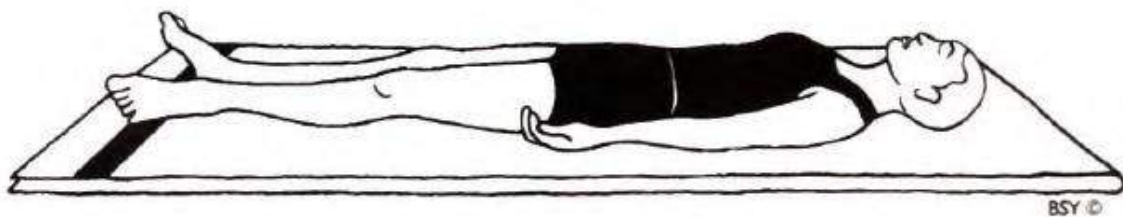
Modifications: Knee Injuries: Sit in Sukhasana and clasp hands.

Wrist Injuries: Don't interlock the arms, stretch your arms as far as possible.

Benefits: Improves posture, good chest and hip opener, relives stress and anxiety.

LYING ASANAS

Shavasana (Corpse pose)



Category: Classical asana

Contraindications: Low back injuries, severe chest congestion, ankylosing spondylitis, breathing difficulties during pregnancy.

Key alignments: Lie flat on the back, arms away from the body, palms facing up, fingers naturally curled, keep space between the arm pits, feet slightly apart, toes pointed out, head and spine relaxed, hips and shoulders relaxed. Whole body in a straight line and relaxed.

Breathe naturally, become aware of the body, present state of your mind and become aware of your breath. Reconnect your breath with your body and mind. Relax in the posture. Pause for 2 minutes.

Become aware of your body and surroundings, prepare to come out of Shavasana. Gently move your toes, fingers, wrist and ankle, gently move your head side to side. When you feel ready turn to your right side and come to sitting in any comfortable crossed legged posture.

Modifications: Sit with wall support or lie on the side.

Benefits: Relaxes psycho-physiological systems, relaxes the muscles and joints, helps to increase the awareness of mind and body, develops Pratyahara.

Supta Padangushtasana (Supine Hand to Big Toe pose)



Category: Forward Bends

Contraindications: Back, neck, hip and spine injuries, hamstring injuries

Key alignments:

Starting position Supta Dandasana – legs together, feet together, hands by your side, palms facing down, feet active.

Moving In: Inhale in Supta Dandasana, Exhale bend your right knee, take a three-finger grip on your right big toe with your right hand, left palm on the left thigh.

Inhale stretch your right leg up, exhale forehead to the knee.

Take 5 conscious breaths.

Inhale drop your head on the mat, Exhale stretch your right leg towards right side and turn your neck and gaze towards your left.

Take 5 conscious breaths.

Inhale take your leg to the center; Exhale release the grip right leg down – Dandasana.

Repeat on left side.

Counter posture: hug your knees to the chest.

Modifications:

- Keep your knee bent.
- Don't lift your head.

Benefits: Strengthens the spine and hip, good hip opener.

Bhujangasana (Cobra pose)



Category: Prone lying – Back bend

Contraindications: Back, shoulder, wrist injuries, Vertigo, Slipped disc and spine injuries, Abdominal hernia

Key alignments:

Starting position: Lie on stomach – legs together, toes facing out, feet active, palms below shoulders, elbows close to body, forehead on the floor

Moving In: As you inhale, lift your head, chest and shoulders off the floor, hips and thighs on floor, neck neutral, gaze forward. No weight should be placed on palms.

Take 5 conscious breaths.

Moving Out: As you Exhale, slowly lower your spine and relax to starting position.

End Position: Makrasana

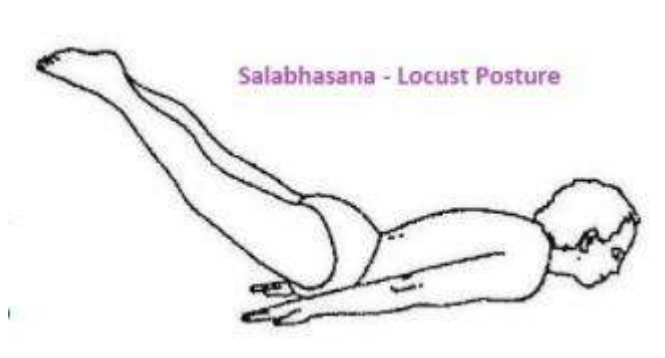
Counter posture: Shishuasana

Modifications:

- Easy – Spine can be lifted up with weight on forearm and elbows.
- Intermediate level - Lift the spine up till chest level placing weight on palms
- Advanced level – Lift the spine upward up till the abdomen level as you keep the pelvis on the floor.

Benefits: Strengthens spine and back. Improves the flexibility of spine. Alleviates constipation and improves liver and kidney function.

Shalabhasana (Locust pose)



Category: Prone lying – Back bend

Contraindications: Back, shoulder, wrist injuries. Slipped disc and spine injuries, Abdominal and inguinal hernia. High BP, weak heart

Key alignments:

Starting position: Lie on stomach – legs together, toes facing out, feet active, arms straight such as palms below thighs facing upwards, chin on the floor

Moving In: As you inhale, slowly lift both the legs off the floor without straining. Keep it straight and together. Legs should be lifted up as high as possible as you contract lower back and hip muscles. Neck neutral, gaze forward.

Take 5 conscious breaths.

Moving Out: As you Exhale, slowly lower your legs and return to starting position.

End Position: Makrasana

Counter posture: Shishuasana

Modifications:

- Raise one leg at a time
- Raise one leg and the opposite hand – alternate sides.

Benefits: Strengthens lower back and pelvic organs. Tightens the muscles of buttock. Improves liver and kidney function, Stimulates appetite.

Dhanurasana (Bow pose)



Category: Prone lying – Back bend

Contraindications: Back, shoulder, wrist injuries. Slipped disc and spine injuries, Abdominal and inguinal hernia. High BP, weak heart, Vertigo. Should not practice this asana at night.

Key alignments:

Starting position: Lie on stomach – legs together, toes facing out, legs and feet active, arms straight by the side of the body, chin on the floor.

Bend knees such as heels are close to buttocks. Hold the both ankles and secure the grip with palms.

Moving In: As you inhale, slowly tense the leg muscles and push the feet away from body. Slowly lifting your head, chest and thighs together, arch your back, keeping the arms straight. Body is supported on the abdomen. Neck backwards, gaze upward.

Take 5 conscious breaths.

Moving Out: As you Exhale, slowly lower your legs, chest and head and return to starting position.

End Position: Makrasana

Counter posture: Shishuasana

Modifications:

- Saral Dhanurasana
- Lift your head, chest and thighs without ankle grip.

Benefits: Strengthens lower back and pelvic organs. Improves the flexibility of spine and corrects the hunching of upper back. Improves liver and kidney function, Stimulates entire alimentary canal. Improves digestive, excretory and reproductive function. It also improves respiration.

BALANCING ASANAS

Vrikshasana(Tree pose)



Category: Standing - Balance posture

Primary body parts involved:

Contraindications: Injuries of major joints, Vertigo, Late stages of pregnancy, Obesity, Weak leg muscles

Key alignments:

Starting position: Samasthiti

Keep your feet together, hips squared. Gently, shift weight on the left leg, left palm on the hip. Bend your right knee and with your right hand place the right foot on the left inner thigh, right knee pointed to the right side. Make sure the hip is not tilted to one side.

Fix your gaze at one point. Once you find stability and join your palms together at heart centre.

Moving in – All together - Inhale - rise your arms up close to ears. Gaze at a point. Breath.

Conscious breathing - 5 breaths.

Moving out – Exhale - palms at the heart centre. Gently release the right leg. Back to Samasthiti.

Couple of breaths in Samasthiti, prepare yourself to do this posture on the left side.

Keep your feet together, hips squared. Gently, shift weight on the right leg, right palm on the hip. Bend your left knee and with your left hand place the left foot on the right inner thigh, left knee pointed to the left side. Make sure the hip is not tilted to one side.

Fix your gaze at one point. Once you find stability and join your palms together at heart centre.

Moving in – All together - Inhale - rise your arms up close to ears. Gaze at a point. Breath.

Conscious breathing - 5 breaths.

Moving out – Exhale - palms at the heart centre. Gently release the left leg. Back to Samasthiti.

Counterpose:

Modifications: *Knees can be kept above or below the knee, on the ankle, gaze can be down, wall support, hands can be forward, heart center, hips.*

Benefits: *Improves flexibility and strength hips, legs shoulders, arms, grounding is improved, improves posture, Improves focus and balance.*

Kakasana (Crow Pose)



Category: Arm balance, Core

Primary body parts involved: Wrists, Shoulders, Abdomen, Arms, Forearm

Contraindications: Wrist, shoulder, Back, Hip injuries, Hernia, Recent abdominal surgeries, Pregnancy, High BP, Weak heart

Preparation: Start from a low squat, feet hip distance apart, knees wide, place your palms on the floor, shoulder width apart, little away from your feet, fingers wide and firm on the floor; Inhale – Exhale shift your weight on to the arms, exhale weight back on your toes (repeat 5 times)

Key alignments: Come back to squat, heels down, place your palms on the floor, shoulder width apart, little away from your feet, knees close to the armpit, elbows slightly bent, fix your gaze at a point ahead of you, engage your core muscles;

Inhale – as you exhale shift your weight on to the arms, lift your right leg up and slowly lift your left leg up, join the big toes, stay in this posture for 5 breaths. As you Inhale feet down exhale squat.

Counter posture: Wrist rotations, Vajrasana - Stretch arms behind.

Modifications:

- Lift 1 leg at a time and hold the posture for 5 breaths on each side.
- Wrist injuries – fore arm plank, one leg plank
- Knee, back, shoulder injuries – Supta Kakasana

Benefits: Strengthens shoulders, arms and wrists, tones abdominal organs, develops balance and focus.

Utplutihi (Uprooting Posture)



Category: Arm Balance

Primary body parts involved: Knee, ankle, thighs, hips, back, spine, abdomen, palms, wrist

Contraindications: Knee, ankle and back injuries, sciatica, Shoulder and wrist injuries pregnancy.

Preparation: Patangasana. Wrist rotations, Plank

Key alignments: Start from Dandasana, Inhale bend your right knee, exhale place the heel on the opposite hip such that the soul of the foot is facing up.

Inhale bend your left leg; Exhale place the left heel over the right hip.

Knees down, sit bones firm on the floor, head and spine erect, shoulders rolled back, palms on the sides of the thigh, fingers firm.

Inhale, engage the abdomen, lift your buttocks and legs off the floor.

Consciously take 5 breaths here.

Inhale- exhale slowly lower down, unfold the legs.

Counter posture: Tap your legs, hug your knees, rotate your ankles, wrists.

Modifications:

- Lift and come down. Keep trying
- Lift in Ardhpadmasana or Sukhasana
- Wrist injuries – Forearm plank and hold for 5 breaths
- Knee injuries – one leg straight and lift, both legs extended and lift

Benefits: Strengthens arms, wrists, core. Improves balance and concentration.

INVERSIONS

Sarvangasana (Shoulder stand pose)



Category: Inversion

Primary body parts involved:

Contraindications: Cervical spondylitis, slipped disc, High BP, heart problems, enlarged thyroid, Menstruation, advanced pregnancy

Preparation: Kandharasana

Key alignments:

Starting position – Supta Dandasana.

Lie down on your back in Supta Dandasana. Legs straight, feet and knees together, toes active, palms by your side facing down.

*Moving in – Gently, contract your abdomen, raise your legs vertically to 90**

Inhale – press the palms on the floor and roll your buttocks and spine off the floor. Support your trunk with your hands and bring the chest towards the chin. Gaze towards your feet.

Final posture – shoulders, trunk, legs and toes are in one line. Keep your elbows closer to your body. Feet relaxed.

Conscious breathing: 10 breaths

Moving out – exhale – gently lower your spine vertebra by vertebra – upper back, middle back and lower back, hips and legs.

Counter posture: – gently rotate your neck side to side, Hug your knees, roll forward and backward and come to sukhasana

Jathara parivartana

Matsyasana – refer below page for instructions.

Modifications: Menstruation – lie down on back – feet together, knees pointed to the sides, like titli asana and breath consciously.

Legs raised to 90, 60* or 30*, Kandharasana*

Benefits: Strengthens core. **Stimulates thyroid gland**, improves the function of all physiological systems, **boosts immune system.**

Halasana (Plough pose)



Category: Inversion

Contraindications: Cervical spondylitis, slipped disc, High BP, heart problems, enlarged thyroid, Menstruation, advanced pregnancy, hernia

Preparation: Kandharasana

Key alignments:

Starting position - Supta Dandasana.

Lie down on your back in Supta Dandasana. Legs straight, feet and knees together, toes active, palms by your side facing down.

Moving in - Gently, contract your abdomen, Inhale - press the palms on the floor and roll your buttocks and spine off the floor. Support your trunk with your hands and bring the chest towards the chin.

Exhale – Gently lower your feet on the floor, toes reaching above head. If you are comfortable here, gently release your arms and interlock your fingers on the floor, Gaze towards your abdomen. (People who are unable to reach both toes can lower one leg at a time)

Conscious breathing: 10 breaths

Moving out – inhale – bend your knees, support your back, exhale - gently lower your spine vertebra by vertebra - upper back, middle back and lower back, hips and legs.

Counter posture: – gently rotate your neck side to side, hug your knees, roll forward and backward and come to sukhasana

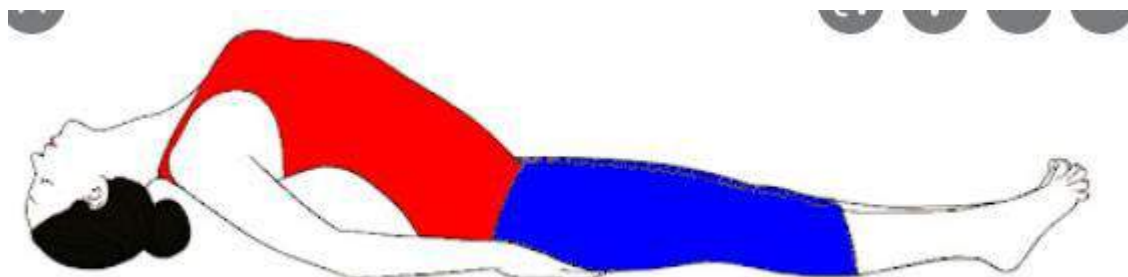
Jathara parivartana

Matsyasana – refer below page for instructions.

Modifications: Menstruation – lie down on back – feet together, knees pointed to the sides, like titli asana and breath consciously, Kandharasana

Benefits: Strengthens core, relieves back pain. **Regulates thyroid gland**, improves the function of all physiological organs and systems, improves digestion, **boosts immune system.**

Matsyasana (Fish pose)



Category: Inversion

Contraindications: Cervical spondylitis, slipped disc, High BP, heart problems, enlarged thyroid, Menstruation, advanced pregnancy, hernia, insomnia, migraine

Preparation:

Key alignments:

Starting position - Supta Dandasana.

Lie down on your back in Supta Dandasana. Legs straight, feet and knees together, toes active, palms by your side facing down.

Gently cross your legs in padmasana, ardha padmasana or sukhasana, Place the elbows and forearm on the floor

Moving in – with the support of elbows – inhale, lift your head up, expand your chest and gently place the crown of the head on the floor arching your middle spine. Take the 3finger grip on your big toes. Gaze on the top of the mat.

Conscious breathing: 10 breaths

Moving out – Exhale – with the support of elbows and forearm, chin to the chest, gently place your middle back, upper back and head on the floor, release your legs.

Counter posture: – gently rotate your neck side to side, hug your knees, roll forward and backward and come to sukhasana

Modifications: Knee injury – Sukhasana, legs straight.

Wrist injuries – no grip, palms on the side, facing down, close to the body

Benefits: Enhances breathing and lung capacity. Chest opener, improves self confidence