

Lesson Plan 20th May 2020

This is a basic lesson plan and yoga is best practiced regularly - daily if you can manage. The plan is designed for people attending the centre, you should practice carefully, working with awareness with no strain or pain and stay within your limitations.

Adho Mukha Virasana		Resting in Adho Mukha Virasana
Uttanasana		Hands to back of a chair if required
Adho Mukha Svanasana - Try doing this pose a couple of times		Heels pressing to the wall and elevated
Prasarita Padottansana		Head resting. Or if you've been taught headstand in class, do headstand by the wall with support
Utthita Trikonasana		1 Top hand on waist 2 Arm up to ceiling
Utthita Parsvakonasana		First, elbow to top thigh Reach lower arm to floor (use books under fingers if you can't reach)
Virhabadrasana I		1 With hands on hips, turn back foot in well and turn front leg out. 2 Turn chest towards front leg lift arms up and bend the front leg
Virhabadrasana III		Hands to floor first, hands to wall second attempt
Ardha Chandrasana		Lower hand can be on some books. Use a wall behind you for balance.
Uttanasana		Wide feet holding back of ankles or hands to a chair or a wall.
Adho Mukha Svanasana - Try doing this pose a couple of times		Heels pressing to the wall and elevated. Take heels lower if you can keep hips elevated
Upavistha Konasana		Sitting on floor legs wide apart.
Upavistha Konasana Urdhva Hastasana arms		Sitting on floor legs wide apart, arms up.
Virasana		Sitting on a lift if necessary, bottom between feet.
Dandasana in Urdhva Hastasana arms		Sit on a folded blanket Back to the wall, feet apart
Sirsasana		Only if practiced in class.
Supta Padangusthasana 1		Holding upright leg with a belt/towel/scarf on the foot
Supta Padangusthasana 2		Leg to side, ease belt round foot and leg can rest on the wall
Supta Padangusthasana 3		Taking leg across the torso, hips level
Legs up wall or Shoulder stand Savangasana		Shoulders on supporting foam pads or blankets for shoulder stand
Virasana and twist		Sitting on a height.
Paschimottanasana		Head resting on a blanket/chair according to your capacity
Savasana		Head NOT rolling back, if tilting use a blanket for support