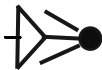
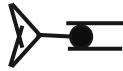


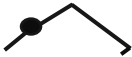












Lesson Plan Week of 25 May 2020

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.

Supta Bada Konasana		Blankets under the length of the spine and head
Supta Sukhasana		Arms back, both thighs supported equally.
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
Adho Mukha Savasana Try doing this pose a couple of times		Heels pressing to the wall and elevated
Sirsasana or Prasarita Padottanasana		Head resting. Or if you've been taught headstand in class, do headstand by the wall with support
Adho Mukha Virasana		Resting in Adho Mukha Virasana
Janu Sirsasana		Belt round foot and extend spine upwards
Paschimottanasana		Head resting on a blanket/chair according to your capacity
Legs up wall or Shoulder stand Savangasana		Shoulders on supporting foam pads or blankets for shoulder stand
1/2 Halasana		Feet to chair, feet to floor, feet apart. Blankets under shoulders
Setu bandha Sarvangasana		Few books under the hips Knees bent & learning to stretch one leg at a time
Viparita Karani		Legs up the wall with hips elevated on blankets
Viparita Karani legs wide		Legs up the wall with hips elevated on blankets and legs wide. Bring legs together and shuffle off the lifts
Resting after Viparita Karani		Rest hips on the lift, folded legs on a bolster, back on the floor