

Lesson Plan Week of 1st June 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 to your capacity and use more support if needed, stay within your limitations.

Adho Mukha Virasana		Use a bolster to support the front body
Adho Mukha Savasana		Head supported Heels pressing down Hips high
Adho Mukha Savasana		Palms flat, thumb and first finger to wall Head supported
Uttanasana		Head supported on chair not going down completely buttock bones back, front body forwards
Prasarita Padottansana		If you have a bolster use it under the front body. Rest bolster on chair/table (think buttock bones back, abdomen pushes forwards)
Upavista Konasana		Keep front of back body equal
Prasarita Padottansana		Outer edges of feet down Take head down if possible, otherwise stay parallel
Uttanasana		Head down if possible, otherwise use a chair
Utthita Trikonasana		Right side and left side
Supta Padangusthasana 2		Leg to right side Shin bone supported with brick or bolster Use belt round foot
Utthita Trikonasana	As above	Right side
Utthita Trikonasana	As above	Left side
Supta Padangusthasana 2		Leg to left side
Utthita Trikonasana	As above	Left side
Uttanasana	As above	
Supta Padangusthasana 2		Leg to right side
Ardha Chandrasana		Right side, lower hand can be on some books. Use a wall behind you for balance.
Supta Padangusthasana 2		Leg to left side
Ardha Chandrasana	As above	Left side
Upavista Konasana		
Ardha Chandrasana	As above	Both sides
Parsvakonasana		Right front groin fully down Give freedom to go down Back leg firm
Adho Mukha Savasana		Palms to wall Thumb and first finger Head supported
Uttanasana	As above	
Dandasana		Sit on a folded blanket Back to the wall, feet apart
Paschimottanasana		Legs apart Head resting on bolster or chair
Bharadvajasana		Twist when sitting both feet to left side and turn away from the feet
Legs up wall or Shoulder stand Savangasana		Shoulders on supporting foam pads or blankets for shoulder stand
Setu bandha Sarvangasana		Few books under the hips Knees bent & leaning to stretch one leg at a time
Savasana Flat		Head <u>NOT</u> rolling back, if tilting use a blanket for support