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Home Practice: Intermediate Level

OCTOBER 2016



Sequence created by:

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Director of Unity Woods Yoga Center serving the Washington, DC area since 1979. He studied directly with B.K.S. Iyengar for 33 years and is an Advanced CIYT. Check his website at SchumacherYoga.com for his teaching schedule, articles, and to download classes.

Model:

Leah Bray Nichols, CIYT, Introductory II

Director of Evergreen Yoga Center in Memphis, TN

Approximate Time: 1.25 – 1.5 hrs

Props required: Sticky mat, 4 blankets, 1 strap, 2 blocks

Adho Mukha Virasana



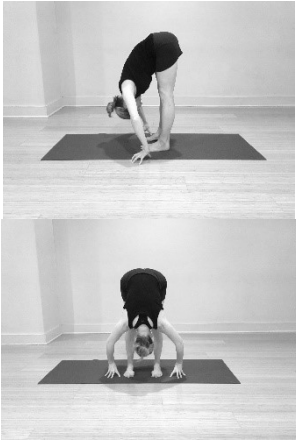
- Descend buttocks toward heels.
- Lengthen outer thighs toward knees to spread sacrum.
- Take dorsal spine in and move sternum forward. Spine neither concave nor convex.
- If your head doesn't rest on floor, support it with a block or blanket.
- If the knees don't bend well or are painful, place a blanket between the buttocks and the calves.
- 3 minutes.
- Lift up into *Adho Mukha Svanasana*.

Adho Mukha Svanasana



- Take thighs back.
- Lengthen outer thighs toward outer feet to spread sacrum.
- Take dorsal spine in. Spine neither concave nor convex.
- 2 minutes.
- Walk hands back and come into *Uttanasana*.

Uttanasana



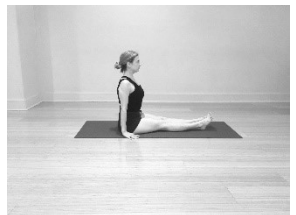
- Feet hip width apart.
- Hands out to side. Cup palms; bend elbows to side, elbows over wrists.
- Spread collar bones, release neck and throat.
- Spine is convex.
- Take hands onto blocks if you can't reach the floor.
- 1 minute.

Salamba Sirsasana I







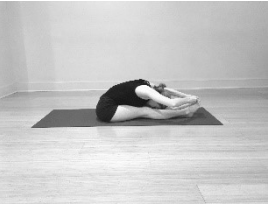
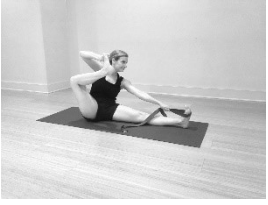
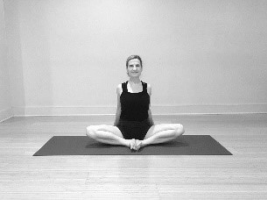
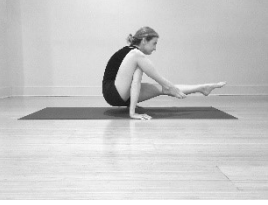
- Move dorsal spine forward; lift bottom sternum toward navel.
- Spine is neither concave nor convex.
- Take tailbone in and lift sacrum toward heels.
- Roll front thighs in to broaden sacrum.
- Use the wall if you can't balance.
- 5 minutes.
- Rest in *Adho Mukha Virasana*.

Dandasana



- Middle femurs to floor.
- Outer thighs to outer feet.
- Broaden sacrum and take it and pelvis forward into thighs.
- Take dorsal spine in and lift sternum.
- Spine is neither concave nor convex.
- Sit on height if pelvis falls backward.
- 30 seconds.

<p><u><i>Paripoorna Navasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>: Lean back, lift legs, and raise feet slightly higher than head if possible. • Take sacrum in and lift abdomen. • Take dorsal spine in and lift sternum. Spine is neither concave nor convex. • 1 minute. • Come back into <i>Dandasana</i>.
<p><u><i>Ardha Navasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>: Lean back onto top buttocks, lengthen tailbone toward heels, draw abdomen back, so spine is convex. • Lengthen outer thighs toward feet to broaden sacrum. • Lift legs and raise feet to eye level. • Lift side ribs and move sternum toward feet while taking tailbone toward feet. • 30 seconds. • Come back into <i>Dandasana</i>.
<p><u><i>Janu Sirasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>: Bend the right knee, and take it out to the side and toward the floor. Press the middle of the left femur into the floor. • Catch the left foot with both hands, take the dorsal spine in, and lift your sternum. Concave spine. If you can't hold the foot with a concave spine, use a strap. • Moving the right pelvic rim forward to broaden the sacrum, revolve the abdomen from right to left, and come forward over the left leg. • Take the dorsal spine in and lengthen the front body. The spine becomes convex as you move deeper into the pose. Take the entire spine in to minimize the convexity. • 1 minute. • Come up, back into <i>Dandasana</i>, and change sides. • Come back into <i>Dandasana</i>.
<p><u><i>Marichyasana I</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>: Bend the right knee and bring the heel to the perineum and the knee to the chest. • Take the right arm inside the right leg, wrap your arm around the shin, clasp your hands and sit upright, twisting to the left. • If you can't wrap your arm around your shin, place the upper arm against the inner bent knee. Bend the arm at the elbow with the palm facing in the same direction as your chest. • Then come forward over the straight left leg. Take the dorsal spine in and lengthen your front body. • 1 minute. • Come back up into the twist, release your arms, return to <i>Dandasana</i>, and change sides.

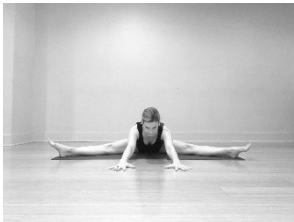
<p><u><i>Paschimottanasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>, reach forward and catch your feet in <i>Padangusta Dandasana</i>. • Press the middle femurs into the floor and take the dorsal spine in to lift the chest. • Lengthen your front body as you come forward over the legs. • As you come near your legs, take your sacrum in and from the top buttocks move your trunk forward. • Lengthen your outer thighs toward your knees to broaden your sacrum. • 3 minutes. • Come up and return to <i>Dandasana</i>.
<p><u><i>Akarna Dhanurasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>, catch the big toes, coming into <i>Padangusta Dandasana</i>, raise the right leg. • If you aren't able to reach your toes, wrap a belt around the ball of your left foot and hold the belt. • Bending the knee, lift your foot and pull the right foot, hip, shoulder, and elbow back. • Press the middle of the left femur into the floor. • Draw the outer left thigh into the buttock and lift the sacrum. • Take your sternum towards the left foot and your right foot toward your right ear. • 30 seconds. • Move the right foot forward and come back into <i>Padangusta Dandasana</i>. Change sides.
<p><u><i>Baddha Konasana (upright)</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>, bend the knees to the side, bring the bottoms of the feet together, and draw the feet toward the perineum. • Place your hands behind you near the buttocks and press the floor with your hands to move your sacrum forward. • 1 minute • Lift your knees, straighten your legs, and come back into <i>Dandasana</i>.
<p><u><i>Eka Hasta Bhujasana</i></u></p> 	<ul style="list-style-type: none"> • From <i>Dandasana</i>, bend your right knee, lift the calf and ankle, take the knee back and place it high on the upper right arm. Press the knee into the arm and grip the arm with your calf so the leg doesn't slide. • Place your hands by your hips. • Lean forward, press your hands into the floor, press your knee into your arm, draw your abdomen back as you did in <i>Ardha Navasana</i>, and lift the buttocks and the straight left leg from the floor. Keep the left leg parallel to the floor. • 20-30 seconds. • Lower yourself back to the floor and change sides. Come back into <i>Dandasana</i>.

Lolasana



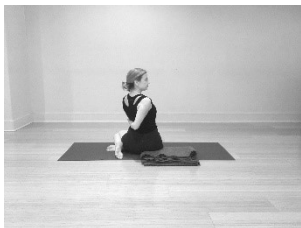
- From *Dandasana*, bend your right knee, lift the buttocks, and sit on the right foot, pointing the toes back.
- Bend the left knee, raise the buttocks again, take the left leg under the right and sit on both feet. Your right shin should rest on your left calf near the knee.
- Lean forward, draw your abdomen back, press your hands, and lift your knees, feet, and buttocks away from the floor.
- If you can't lift away from the floor, place your hands on blocks.
- Hold for 20-30 seconds.
- Come down, stretch the legs forward into *Dandasana* and change sides.
- Come back into *Dandasana*.

Adho Mukha Upavista
Konasana



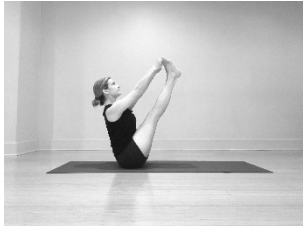
- From *Dandasana*, spread the legs to the side.
- Place the hands by the buttocks, press the floor and bring the sacrum into an upright position.
- Move the dorsal spine in and lift your chest.
- Center the legs, pressing the femurs into the floor and take the knee caps into the backs of the knees.
- Move the hands in front and, maintaining the lift the chest, come forward.
- Lengthen the inner thighs from the inner groins toward the knees.
- 1 minute.
- Come back up to an upright position, bend your knees, and bring the legs back together into *Dandasana*.

Bharadvajasana I



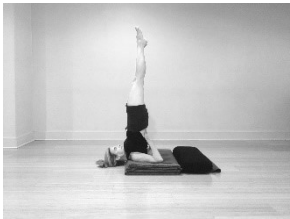
- From *Dandasana*, bend your knees and take your legs to the left, the left leg in *Virasana* and the left ankle in the arch of the right foot.
- Place a blanket under the right buttock to levelize the hips.
- Take your right arm behind you and catch the upper left arm just above the elbow. Hold the upper left arm firmly and reach across to place the back of your left hand against the outside of the right thigh.
- If you can't catch the upper left arm or, after catching the arm, can't reach the right leg with your left hand, then wrap a strap around your upper left arm and hold the strap with your right hand.
- Descend the left thigh, lower your shoulder blades, and move your dorsal spine in to lift your sternum.
- Press the back of your left hand into your right leg, dig your left shoulder blade into your back ribs, and stretching your left arm straight, turn your torso to the right.
- Hold for 1 minute.
- Turn back to the front and stretch your legs out into *Dandasana*. Change sides.

Ubhaya Padangustasana



- From *Dandasana*, bend your knees toward your chest, reach forward, and catch your big toes with your first two fingers and thumb.
- Pull the toes toward you, resist with ball mounds of the big toes, and draw your sacrum in. Take your dorsal spine in and lift your sternum.
- Moving the pelvis forward to stay as near the sitting bones as possible, lift the legs up straight, keeping them together.
- If you can't straighten your legs, use a strap around your feet.
- Press your femurs into the backs of the legs, draw your shoulder blades down your back, and lift your chest. The arms will be drawn taut.
- Hold 30-60 seconds.
- Bend your knees, lower your legs, release your toes, and come into *Dandasana*.

Salamba Sarvangasana I



- Stack three blankets.
- Lie on your back with your shoulders on the blankets about an inch away from the edge and your head on the floor.
- Swing your legs up and come into *Sarvangasana*.
- Position your hands on your back and lift up your back body.
- Press your shoulder blades into your back ribs and bring your chest toward your chin.
- Take your tailbone in and lift your sacrum.
- Move the femurs into the backs of the legs, tighten your knees, and stretch your legs upward.
- Hold for 5 minutes.

Eka Pada Sarvangasana



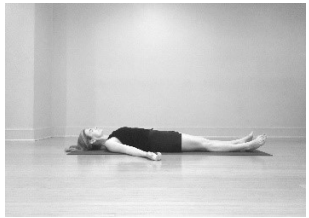
- Keeping the knee caps of both legs tight and the left leg steady, lower your right leg overhead.
- Take the foot onto or as near the floor as you can.
- Move the right femur into the back of the leg to lift the right hip as the leg is lowered, keeping the two sides of the trunk parallel.
- Press the shoulder blades, especially the right one, into the back ribs to maintain the height of the trunk.
- 30-60 seconds.
- Raise the right leg and come back into *Sarvangasana*. Repeat on the other side.

Halasana



- From *Sarvangasana*, lower both legs into *Halasana*.
- Keep your hands on your back.
- Press your shoulder blades into the back ribs and lift the back body.
- Lift your femurs into the backs of your legs to stretch your legs and lift your hips.
- 3 minutes.
- Roll down and rest on your back for a minute.
- Turn onto your side, sit up, and set up for *Savasana*.

Savasana



- 10 minutes

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