

Six Week Iyengar Yoga Course for Beginners

For Heart of Iyengar Yoga Teacher Training course
with Peentz Dubble

Source (LaTeX) for this document is available at
<https://github.com/gregsgit/yogasixweekbeginner>.

Greg Sullivan
gregs@sulliwood.org

March 11, 2017

Contents

Overview/Goals	6
Formatting Notes	7
1 Week 1	8
1.0.1 <i>Savasana</i> (not given as first pose in PC)	8
1.0.2 <i>Tadasana</i> , against a wall (PC w1.p1)	9
1.0.3 <i>Urdhva Hastasana</i> (PC w1.p2)	9
1.0.4 <i>Urdhva Baddhanguliyasana</i> (PC w1.p3)	10
1.0.5 <i>Namaskarasana</i> (PC w1.p4)	10
1.0.6 <i>Urdhva Namaskarasana</i> from <i>Urdhva Hastasana</i> (PC w1.p5)	10
1.0.7 <i>Half Uttanasana</i> (not in PC)	11
1.0.8 <i>Utthita Hasta Padasana</i> (PC w1.p6)	11
1.0.9 <i>Parsva Hasta Padasana</i> (PC w1.p7)	11
1.0.10 <i>Utthita Trikonasana</i> (PC w1.p8)	12
1.0.11 <i>Parsvottanasana (concave)</i> (PC w1.p9)	12
1.0.12 <i>Prasarita Padottanasana (concave)</i> (PC w1.p10)	13
1.0.13 <i>Dandasana</i> (PC w1.p11)	13
1.0.14 <i>Urdhva Hasta Dandasana</i> (PC w1.p12)	13
1.0.15 <i>Padanghusta Dandasana</i> (PC w1.p13)	13
1.0.16 <i>Paschimottanasana</i> (PC w1.p14)	14
1.0.17 <i>Savasana</i>	14
2 Week 2	15
2.0.1 <i>Tadasana</i> (PC w2.p1)	15

2.0.2	<i>Urdhva Hastasana</i>	(PC w2.p2)	15
2.0.3	<i>Urdhva Baddhanguliyasana</i>	(PC w2.p3)	16
2.0.4	<i>Namaskarasana</i>	(PC w2.p4)	16
2.0.5	<i>Urdhva Namaskarasana</i>	(PC w2.p5)	16
2.0.6	<i>Utthita Hasta Padasana</i>	(PC w2.p6)	16
2.0.7	<i>Parsva Hasta Padasana</i>	(PC w2.p7)	16
2.0.8	<i>Utthita Trikonasana</i>	(PC w2.p8)	16
2.0.9	<i>Virabhadrasana II</i>	(PC w2.p9)	16
2.0.10	<i>Utthita Parsvakonasana</i>	(PC w2.p10)	17
2.0.11	<i>Parsvottanasana (concave)</i> (standing, then concave back)	(PC w2.p11)	17
2.0.12	<i>Parsvottanasana</i>	(PC w2.p12)	17
2.0.13	<i>Prasarita Padottanasana</i>	(PC w2.p13)	18
2.0.14	<i>Dandasana</i>	(PC w2.p14)	18
2.0.15	<i>Urdhva Hasta Dandasana</i>	(PC w2.p15)	18
2.0.16	<i>Padanghusta Dandasana</i>	(PC w2.p16)	18
2.0.17	<i>Ardha Halasana</i> to chair	(PC w2.p17)	18
2.0.18	<i>Paschimottanasana</i>	(PC w2.p18)	18
2.0.19	<i>Savasana</i>	(PC w2.p19)	18

3 Week 3**19**

3.0.1	<i>Tadasana</i>	(PC w3.p1)	19
3.0.2	<i>Urdhva Baddhanguliyasana</i>	(PC w3.p2)	19
3.0.3	<i>Vrksasana</i>	(PC w3.p3)	19
3.0.4	<i>Utthita Trikonasana</i>	(PC w3.p4)	20
3.0.5	<i>Virabhadrasana II</i>	(PC w3.p5)	20
3.0.6	<i>Utthita Parsvakonasana</i>	(PC w3.p6)	20
3.0.7	<i>Vimanasana</i>	(PC w4.p6)	20
3.0.8	<i>Utkatasana</i> (arms first)	(PC w3.p8)	20
3.0.9	<i>Parsvottanasana</i>	(PC w3.p9)	21
3.0.10	<i>Baddha Hasta Uttanasana</i>	(PC w3.p10)	21
3.0.11	<i>Ardha Halasana</i> , to chair	(PC w3.p11)	21
3.0.12	<i>Paschimottanasana</i>	(PC w3.p12)	21
3.0.13	<i>Setu Bandha Sarvangasana</i> (cross bolsters)	(PC w3.p13)	21

3.0.14	<i>Savasana</i>	(PC w3.p14)	22
--------	-----------------	-----------------------	----

4 Week 4 23

4.0.1	<i>Tadasana</i>	(PC w4.p1)	23
4.0.2	<i>Urdhva Baddhanguliyasana</i>	(PC w4.p2)	23
4.0.3	<i>Utthita Trikonasana</i>	(PC w4.p3)	23
4.0.4	<i>Virabhadrasana II</i>	(PC w4.p4)	23
4.0.5	<i>Utthita Parsvakonasana</i>	(PC w4.p5)	23
4.0.6	<i>Virabhdrasana I</i>	(PC w4.p7)	24
4.0.7	<i>Utkatasana</i>	(PC w4.p8)	24
4.0.8	<i>Parsvottanasana</i>	(PC w4.p9)	24
4.0.9	<i>Uttanasana</i> (full pose)	(PC w4.p10)	24
4.0.10	<i>Ardha Halasana</i> (from chair)	(PC w4.p11)	24
4.0.11	<i>Eka Pada Sarvangasana</i> from <i>Ardha Halasana</i> on chair	(PC w4.p12)	25
4.0.12	<i>Paschimottanasana</i>	(PC w4.p13)	25
4.0.13	<i>Setu Bandha Sarvangasana</i>	(PC w4.p14)	25
4.0.14	<i>Savasana</i>	(PC w4.p15)	25

5 Week 5 26

5.0.1	<i>Tadasana</i>	(PC w5.p1)	26
5.0.2	<i>Urdhva Hastasana</i>	(PC w5.p2)	26
5.0.3	<i>Urdhva Baddhanguliyasana</i>	(PC w5.p3)	26
5.0.4	<i>Namaskarasana</i>	(PC w5.p4)	26
5.0.5	<i>Urdhva Namaskarasana</i> from <i>Urdhva Hastasana</i>	(PC w5.p5)	26
5.0.6	<i>Paschima Baddha Hastasana</i>	(PC w5.p6)	27
5.0.7	<i>Gomukasana</i> (arms only)	(PC w5.p7)	27
5.0.8	<i>Paschima Namaskarasana</i>	(PC w5.p8)	27
5.0.9	<i>Vrksasana</i>	(PC w5.p9)	27
5.0.10	<i>Utkatasana</i>	(PC w5.p10)	28
5.0.11	<i>Utthita Hasta Padasana</i>	(PC w5.p11)	28
5.0.12	<i>Utthita Parsvakonasana</i>	(PC w5.p12)	28
5.0.13	<i>Utthita Trikonasana</i>	(PC w5.p13)	28
5.0.14	<i>Virabhadrasana II</i>	(PC w5.p14)	28

5.0.15	<i>Utthita Parsvakonasana</i>	(PC w5.p15)	28
5.0.16	<i>Vimanasana</i>	(PC w5.p16)	28
5.0.17	<i>Virabhdraasana I</i>	(PC w5.p17)	28
5.0.18	<i>Prasarita Padottanasana</i> (full pose)	(PC w5.p18)	29
5.0.19	<i>Adho Mukha Svanasana</i>	(PC w5.p19)	29
5.0.20	<i>Uttanasana</i>	(PC w5.p20)	29
5.0.21	<i>Padangusthasana</i>	(PC w5.p21)	30
5.0.22	<i>Ardha Halasana</i>	(PC w5.p22)	30
5.0.23	<i>Eka Pada Sarvangasana</i> (from <i>Ardha Halasana</i>)	(PC w5.p23)	30
5.0.24	<i>Salamba Sarvangasana</i> (from <i>Ardha Halasana</i>)	(PC w5.p24)	30
5.0.25	<i>Halasana</i>	(PC w5.p25)	31
5.0.26	<i>Paschimottanasana</i>	(PC w5.p27)	31
5.0.27	<i>Savasana</i>	(PC w5.p18)	31
6	Week 6		32
6.0.1	<i>Tadasana</i>	(PC w6.p1)	33
6.0.2	<i>Urdhva Baddhanguliyasana</i>	(PC w6.p2)	33
6.0.3	<i>Paschima Baddha Hastasana</i>	(PC w6.p3)	33
6.0.4	<i>Gomukasana</i>	(PC w6.p4)	33
6.0.5	<i>Paschima Baddha Hastasana</i>	(PC w6.p5)	33
6.0.6	<i>Vrksasana</i>	(PC w6.p6)	33
6.0.7	<i>Utkatasana</i>	(PC w6.p7)	33
6.0.8	<i>Utthita Hasta Padasana</i>	(PC w6.p8)	33
6.0.9	<i>Parsva Hasta Padasana</i>	(PC w6.p9)	33
6.0.10	<i>Utthita Trikonasana</i>	(PC w6.p10)	33
6.0.11	<i>Virabhadrasana II</i>	(PC w6.p11)	33
6.0.12	<i>Utthita Parsvakonasana</i>	(PC w6.p12)	33
6.0.13	<i>Vimanasana</i>	(PC w6.p13)	33
6.0.14	<i>Virabhdraasana I</i>	(PC w6.p14)	33
6.0.15	<i>Ardha Chandrasana</i>	(PC w6.p15)	34
6.0.16	<i>Parsvottanasana</i> (full pose)	(PC w6.p16)	34
6.0.17	<i>Adho Mukha Svanasana</i>	(PC w6.p17)	34
6.0.18	<i>Uttanasana</i>	(PC w6.p18,19)	34

CONTENTS

5

6.0.19	<i>Padangusthasana</i>	(PC w6.p20)	35
6.0.20	<i>Ardha Halasana</i>	(PC w6.p21)	35
6.0.21	<i>Eka Pada Sarvangasana</i>	(PC w6.p22)	35
6.0.22	<i>Salamba Sarvangasana</i>	(PC w6.p23)	35
6.0.23	<i>Halasana</i>	(PC w6.p24)	35
6.0.24	<i>Paschimottanasana</i>	(PC w6.p26)	35
6.0.25	<i>Savasana</i>	(PC w6.p27)	35

Overview / Goals

The overriding goal of a class for beginning students is to instill an enjoyment and appreciation of yoga practice. The goal is to give beginning students a taste for the benefits of yoga practice, and to, as much as possible, give these beginning students tools that they can use to safely and joyfully continue to practice yoga. As Geeta Iyengar writes in the preface of “Yoga in Action: A Preliminary Course” [Iye00],

Yoga in Action for Beginners is not the end, but the beginning of yoga. It is for the practitioner to ignite the hidden force of yoga from within, so that it throws the Light on the path of the yogic journey.

Of course, Preliminary Course gives a 28-week syllabus, and for this assignment we are creating only a 6-week course.

The immediate goals of the first few classes are to help students familiarize themselves with their bodies, and also with the terminology we use to describe motions and poses in Iyengar Yoga classes.

Yoga, and in particular asana practice, is not about how you look. If your pose is not geometrically perfect, you are not a failure. One of the lessons that yoga teaches is *Vairagya*, detachment. Along with detachment is non-judgement. Judging yourself, in an asana, as “good” or “bad” is not helpful. The question is “what is the goal?” How do you strive towards the goal? In this way, asana practice is a microcosm of “life practice”. The concept of “bringing yoga off the mat” is important

I have mostly followed the sequences given for the first six weeks in Geeta Iyengar’s *Preliminary Course* [Iye00], abbreviated “PC”. For each pose given, I indicate whether it was in that week’s sequence in PC, and, if so, which number in the sequence in PC. For example, if the fifth pose in week 2 is *Namaskarasana*, and it is the fourth pose in the week 2 syllabus in PC, I will write:

w2.p5	<i>Namaskarasana</i>	(PC w2.p4)
-------	----------------------	------------

Formatting Notes

Pose names are italicized, as in *this is a pose name*.

A new pose (not introduced earlier) will be both italicized and colored blue, as in *this is a new pose*.

Images of poses are taken from *Preliminary Course*, as I do not yet have images of myself in the poses.

Margin notes are in variously colored boxes.

When a pose is repeated from an earlier week, I will generally not repeat the primary actions and linked poses/actions, though of course they would be given verbally. Also, if a pose includes aspects of other poses, and that is made clear in the instructions, I will generally not further highlight that the poses are connected, as it is already clear in the text.

Primary actions: primary action notes look like this.

Linking: Notes on linking actions look like this.

Terminology: Notes on terminology look like this.

Theme: and theme notes look like this.

Week 1

Themes: What is yoga? Your body in space.

Reading: Something that relates asana to the rest of one's life; how looking for alignment and balance in asana can be brought “off the mat” to bring alignment and balance in the rest of one's life.

w1.pl

Savasana

(not given as first pose in PC)



Have several blankets available if needed.

Lie flat; legs together, toes pointing towards ceiling. Knees pointing to ceiling. Hips level. Feel what parts of your body are touching the ground. Is there equal weight on both heels?

Both buttocks? Shoulder blades? Try un-balancing the weight, to one side or the other; then re-balance.

Now bring your arms over your head. Can you reach all the way to the ground? Is one arm and shoulder more flexible than the other? Use blankets if need support. How close are hands; can you bring them closer together? Rotate your arms so that your palms face the ceiling. Now reverse the rotation; which causes the shoulder blades to separate? Try rolling the upper arms (nearer the shoulders) “inward” so that palms turn toward floor.

Now keep upper arms turned in, but make palms parallel.

Now try to increase the distance between top of shoulders and ears (i.e. lower shoulders) while keeping arms straight above head. Try the reverse – shrugging shoulders up towards ears; then reverse.

Terminology:
Inward rotation

Primary actions: Turning arms “inward”.

Primary actions: Lower shoulders away from ears.

w1.p2 ***Tadasana***, against a wall

(PC w1.p1)



Now we are going to attempt to replicate the pose we just did on the floor, with the help of gravity, while standing.

Linking:
Savasana

In *Savasana*, the floor was a useful reference point – we could tell if our hips were even, or our shoulder blades were even, by feeling the contact with the floor.

Stand with your back lightly touching the wall; your heels as close to the wall as possible.

Have your feet together.

Rotate your outer thighs towards each other.

Primary actions: Rotate thighs towards each other.

Is your weight balanced on your feet, left vs. right? Try shifting all your weight to your left foot; now the right foot.

Is your weight evenly balanced forward and backward? That is, is the weight on the balls of your feet the same as the weight on your heels? Try moving forward, putting more weight on the balls of the feet. Now try lifting the toes, putting all the weight on the heels. Now back to even.

Consider your left foot. Is the weight evenly balanced on the “4 corners” of the foot? Same for right foot.

Terminology: 4 corners of foot.

Abdomen in, lift chest. Shoulders slightly back.

Shoulder blades slightly towards each other. Have shoulder blades lightly touching the wall. Can you keep your feet planted firmly on the floor while sliding your shoulder blades up the wall? Is your back getting longer when you do that?

Primary actions: Lift chest.

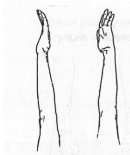
Lower your shoulders away from your ears.

Linking: Shoulders lowered as in *Savasana*.

Remember what was touching the floor in *Savasana*? Lightly touching the wall, see if you can replicate the touchpoints from *Savasana*. Your heels, buttocks, shoulder blades, and back of head.

w1.p3 ***Urdhva Hastasana***

(PC w1.p2)



Now raise your arms above your head. This is called *Urdhva Hastasana* (arms). Recall where they were when you were on your back; can you position them the same way without gravity? Turn your arms “inward” again, so that palms turn towards wall. Now keep upper arms turned, but make palms parallel. Can you bring your arms as close to the wall as they were to the floor in *Savasana*?

Linking: *Urdhva Hastasana* arms in *Savasana*.

Primary actions: Rotate arms inward.

Lower shoulders away from ears.

Primary actions: Lower shoulders.

w1.p4

Urdhva Baddhanguliyasana

(PC w1.p3)



Bring your arms down to pointing straight in front of you.

Clasp your hands. Note which thumb is on top.

Separate your wrists and rotate the thumb sides down. This is *Baddhanguliyasana*.

Raise your arms, as you did in *Urdhva Hastasana*, keeping your hands in *Baddhanguliyasana*; Straighten your arms, especially the elbows. Pull elbows towards each other.

Lower your arms, change the interlock of your fingers so that other thumb is on top, repeat.

Primary actions: Elbows straight, towards each other.

w1.p5

Namaskarasana

(PC w1.p4)



In *Tadasana*, bring hands together as in prayer.

Can you lower your shoulders, raise your chest, bring your shoulders slightly back?

Without disturbing any elements of *Tadasana*?

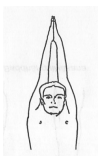
Can you expand your chest towards your hands?

Primary actions: Shoulders back slightly, open chest.

w1.p6

Urdhva Namaskarasana from *Urdhva Hastasana*

(PC w1.p5)



How close can you bring your palms while maintaining the integrity of the pose? What is preventing you from bringing your palms together?

Interlude. So far everything has been perfectly straight and balanced, left to right, top to bottom. Now we're going to branch out.

w1.p7 **Half *Uttanasana*** (not in PC)

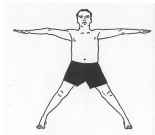
Bring mats to wall.

Stand legs-distance from wall. Lean over so that torso is parallel to floor, forming right angle; hands touching wall. Above waist is *Urdhva Hastasana* (rotated 90°). Below waist is *Tadasana*.

Theme: Body in space; how long is your torso?

w1.p8 ***Utthita Hasta Padasana***

(PC w1.p6)



Left foot to wall.

Separate feet 4-5 feet apart. Arms out, parallel to floor. Even balance front-to-back, left to right.

Lift trunk and chest. Lower shoulders, as in *Tadasana*.

Linking: *Urdhva Hastasana* hands, *Tadasana* legs.

Linking: *Tadasana* shoulders.

w1.p9 ***Parsva Hasta Padasana***

(PC w1.p7)



Turn right leg out 90°. Right heel in line with center of left foot (both feet centered on mat). Toes pointing 90°, left knee pointing 90°. Turn left foot in slightly. Everything else unchanged. Hips still parallel to long edge of mat; torso facing forward; face facing forward. Are hips even (same height)?

The only thing about your pose that should have changed is your right leg.
Are your arms getting tired? _____

Theme: Keeping some elements of pose/body the same, while changing others.

w1.p10

Utthita Trikonasana

(PC w1.p8)

Theme: Body awareness; how heavy are your arms?



Extend the right arm out as you bend at the waist and bring the right arm down to the shin. Place your left arm on your left waist. Keep your torso perpendicular to the ground, requiring rotation right-to-left of the torso. Now bring left arm up, pointing to ceiling; two arms going in opposite directions. Lower shoulders (increase distance between ears and shoulders). Are hips perpendicular to the floor?

Primary actions: Rotation of torso and spine.

Are both sides of torso same length? Or did lower torso shorten? How to lengthen lower torso? What does pelvis want to do - rotate left side towards floor? What muscle actions are required to counter these tendencies? .

Primary actions: Arms extending away from each other.

Come up, turn feet parallel.

Optional variation: Can try parallel to wall, so that wall gives feedback to buttocks, shoulder blades, and head about alignment.

Theme: Body awareness

(repeat *Utthita Hasta Padasana*, *Parsva Hasta Padasana*, *Utthita Trikonasana* on opposite side (left foot to the wall).

w1.p11

Parsvottanasana (concave)

(PC w1.p9)



Grab two blocks.

Left foot to wall, *Parsva Hasta Padasana*. Now turn back foot in more, and rotate hips to parallel wall. Hands to hips. Balance pelvis - front-to-back and side-to-side. Chest facing front of mat, head facing straight ahead.

Extend back, make concave, look up.

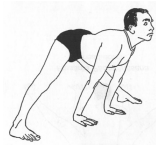
Now bend so that torso is parallel to floor (recall half-uttanasana). _____

Linking: Half *Uttanasana*.

Put blocks at whatever height allows you to keep concave back.

Repeat with right foot to wall.

w1.p12 ***Prasarita Padottanasana (concave)*** (PC w1.p10)



Wide separation of feet. Feet parallel to each other; even w.r.t. distance from edge of mat.

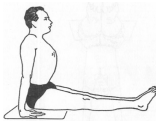
Bend at waist so that torso is parallel to floor. Back concave. Hands directly below shoulders on floor. Use blocks if needed to get torso parallel to floor.

Hips over (in line with) feet. Weight even front-to-back on feet. Feet flat, weight even inner-to-outer on feet.

Theme: Organizing orientation using mat.

Linking: Concave back as in *Parsvotanasana (concave)*

w1.p13 ***Dandasana*** (PC w1.p11)



May want to sit on some blankets. (Show how to fold two blankets.)

Sitting on floor. Knees pointing up, feet together.

Abdomen perpendicular to floor, chest lifted – same as *Tadasana*.

This is same body position as half *Uttanasana*.

Put your hands on floor, fingers facing forward, next to hips and press down to elongate the back.

Linking: Rotation of half *Uttanasana*.

w1.p14 ***Urdhva Hasta Dandasana*** (PC w1.p12)



As we did going from *Tadasana* to *Urdhva Hastasana* arms, raise arms to *Urdhva Hastasana*.

Arms straight, palms parallel. Arms pointed straight at ceiling.

Try with and without blankets. Can you keep pelvis level without blankets?

Primary actions: Use hands to elongate back.

w1.p15 ***Padanghusta Dandasana*** (PC w1.p13)



Use a belt for integrity of back.

Concave back. Shoulders as in *Tadasana*.

Primary actions: Concave back, shoulders down and even with torso.

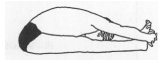
w1.p16

Paschimottanasana

(PC w1.p14)

Grab a bolster and a few more blankets.

This is a good time to remind students to not be attached to the perfect form/geometry of the asana, but to consider the goals.



Sit on a few blankets.

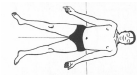
Start in *Padanghusta Dandasana*.

Belt around feet. Focus initially on moving chest towards toes. Back remains straight until have achieved maximum rotation in pelvis.

Place bolster and blankets so that you can come to rest on blankets or bolster.

Theme: Not about achieving a particular geometry.

w1.p17

Savasana

Week 2

Themes: Bent leg poses (*Virabhadrasana II*, *Utthita Parsvakonasana*). Initial taste of inversion (*Ardha Halasana* on chair). Also, consolidation of asanas from first week, and some strengthening.

Reading:

w2.p1

Tadasana

(PC w2.p1)



Feet together. Legs straight. Rotate thighs towards each other.

Abdomen in. Chest raised. Shoulders in line with front-to-back center of body.

Upper arms rotate out. Shoulder blades slightly together. Hands parallel to hips.

Shoulders lowered away from ears.

Gaze straight ahead.

Balanced front-to-back, side-to-side.

w2.p2

Urdhva Hastasana

(PC w2.p2)



Rotate upper arms inward (forward-facing parts of arms go towards each other).

Terminology:
Rotating arms
inward.

w2.p3 *Urdhva Baddhanguliyasana*

(PC w2.p3)



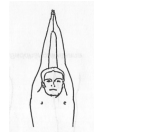
Repeat for each thumb on top.

w2.p4 *Namaskarasana*

(PC w2.p4)

w2.p5 *Urdhva Namaskarasana*

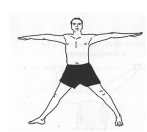
(PC w2.p5)

w2.p6 *Utthita Hasta Padasana*

(PC w2.p6)

w2.p7 *Parsva Hasta Padasana*

(PC w2.p7)

w2.p8 *Utthita Trikonasana*

(PC w2.p8)



Finer points: Weight on back leg (at least even with weight on front leg). Action to lengthen lower abdomen.

May try against wall.

w2.p9 *Virabhadrasana II*

(PC w2.p9)



Start in *Parsva Hasta Padasana* - as in start of *Utthita Trikonasana*.

(do pose with hands on waist first, then with arms extended)

Keeping everything stable, bend right knee to 90°.

Is torso centered over hips, between feet?

Is weight solid on back foot?

Extend inner thigh; pull back outer thigh.

Look over front arm.

Repeat on other side

Linking:

Utthita Trikonasana.

Theme: Visually verify 90°.

Terminology: Extend inner thigh, contract outer thigh.

w2.p10 ***Utthita Parsvakonasana***

(PC w2.p10)



Have a block handy, about 4 feet from wall.

Again, start in *Parsva Hasta Padasana*

Again, bend right knee to 90°. Same as *Virabhadrasana II*.

Left hand on waist.

Bring right hand to floor, or block, keeping chest facing wall in front of you (perpendicular to floor).

Rotate abdomen.

Raise left arm towards ceiling.

Rotate left arm as in *Utthita Hasta Padasana*.

See if you can bring arm down alongside ear. If not, what is getting in the way?

Are your quadriceps getting tired?

Linking:
Virabhadrasana II.

Primary actions: Rotation of abdomen.

Primary actions: Arm rotation.

Theme: Strength.

w2.p11 ***Parsvottanasana (concave) (standing, then concave back)***

(PC w2.p11)

Use two blocks to keep back concave.

Look forward.



Bend at waist, sternum directly over front knee, put hands on blocks (at highest setting), keeping back concave.

Now walk blocks forward, extending back.

Finally, bring head down over knee.

Process of bringing head down is similar to *Paschimottanasana*.

Extend back first. Aim chest towards shin.

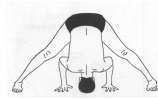
Finally allow back and neck to relax and bring head down.

Terminology:
The 3 “settings” of a block.

Linking:
Bringing head down as in *Paschimottanasana*.

w2.p13 ***Prasarita Padottanasana***

(PC w2.p13)



Start with concave back.

Check orientation using mat.

Check balance is even front-to-back. Hips are over center-line running between feet.

w2.p14 ***Dandasana***

(PC w2.p14)

w2.p15 ***Urdhva Hasta Dandasana***

(PC w2.p15)

w2.p16 ***Padanghusta Dandasana***

(PC w2.p16)



Use belt if needed.

On blankets if needed.

w2.p17 ***Ardha Halasana* to chair**

(PC w2.p17)



Get 4 blankets, a block, and a chair.

Use 3 blankets - set up as for Sarvangasana.

Chair at head, 1 blanket on chair. Block for tailbone.

Shoulders 2 in.s from edge of blankets.

Swing up, bringing legs to chair.

Goals: hips over head, legs parallel to floor.

Arm positions for Sarvangasana (w/o belts). Elbows down and in. Hands on mid-to-upper back. Use hands to lift hips and straighten back.

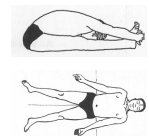
Primary actions: Back straight and perpendicular to floor.

w2.p18 ***Paschimottanasana***

(PC w2.p18)

w2.p19 ***Savasana***

(PC w2.p19)



Week 3

Themes: Balancing (e.g. *Vrksasana*). Towards *Salamba Sarvangasana* (*Ardha Halasana* on chair, *Setu Bandha Sarvangasana*)

Reading:

w3.p1

Tadasana

(PC w3.p1)



Focus on sequence feet-to-head.

Engage muscles, then relax a bit.

w3.p2

Urdhva Baddhanguliyasana

(PC w3.p2)



w3.p3

Vrksasana

(PC w3.p3)



Stand with back to wall, far enough away so that can reach back to touch wall for balance.

Bend the right knee, keeping left leg in Tadasana, grab right foot with right hand.

Place right foot high on inside of left thigh.

Push thigh out against foot, foot in against thigh.

Theme: Opposing actions.

Push knee back - lengthen inner right thigh, pull in outer right thigh (also oppositional actions). Same thigh actions as *Virabhadrasana II*, *Utthita Trikonasana*, and *Utthita Parsvakonasana*

Can you get your knee parallel with wall (perpendicular to gaze)?

Balance free of wall.

Can you raise your left hand straight up?

Now your right hand?

Can you bring your hands together into *Urdhva Namaskarasana*?

Lower arms, lower right leg, repeat with left leg.

Linking:
Knee and thigh actions of *Virabhadrasana II*, *Utthita Trikonasana* and *Utthita Parsvakonasana*

Theme: Balance

w3.p4 ***Utthita Trikonasana***

(PC w3.p4)

w3.p5 ***Virabhadrasana II***

(PC w3.p5)

w3.p6 ***Utthita Parsvakonasana***

(PC w3.p6)

w3.p7 ***Vimanasana***

(PC w4.p6)



Stand left foot to wall. Turn front foot 90° out, back foot in 60°.

Turn the trunk to face away from wall.

Focus on turning pelvis to face evenly perpendicular to mat.

With left hand, grab left thigh and pull/rotate it forward, to help turn the pelvis.

Torso perpendicular to floor.

Arms out to sides, like an airplane.

Repeat on other side.

Linking: As in *Parsvotanasana*, coming up

Primary actions: Turning pelvis perpendicular to forward leg

w3.p8 ***Utkatasana* (arms first)**

(PC w3.p8)



Arms up straight in *Urdhva Namaskarasana*.

Try to keep elbows straight and bring palms as close together as possible.

Bend the knees until thighs are parallel to floor. Keep heels

down. If absolutely cannot keep heels down, put a blanket under them, as thin as possible.

This is a bit of a balance (forward-backward).

Theme: Balance

w3.p9 ***Parsvottanasana***

(PC w3.p9)



Start with concave stage (use blocks if necessary)

Then head down.

w3.p10 ***Baddha Hasta Uttanasana***

(PC w3.p10)



Start in *Tadasana*, feet apart.

Baddha Hasta Tadasana arms. Remember which arm is on top.

Exhale, stretch the trunk up, then forward, then down.

Keep arms in line with back (don't bring arms closer to legs than head with neck straight).

Primary actions: Extend the back

Come up, change the crossing of the arms, and repeat.

w3.p11 ***Ardha Halasana, to chair***

(PC w3.p11)



Focus on keeping back straight.

Move hands up back (towards shoulder blades).

w3.p12 ***Paschimottanasana***

(PC w3.p12)



w3.p13 ***Setu Bandha Sarvangasana* (cross bolsters)**

(PC w3.p13)



Get two bolsters - a round and a flat.

Put the round perpendicular across your mat

Put the flat bolster lengthwise over the round bolster, forming a “+”

Lie down along top bolster so that head and shoulders come to floor.

Stretch legs straight, heels resting on floor.

Chest lifted.

Shoulders should be on floor, like in *Ardha Halasana*..

Arms out to the side.

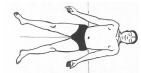
w3.p14

Savasana

(PC w3.p14)

Primary actions: Chest lifted

Linking:
Shoulders as in *Ardha Halasana*



Week 4

Themes: More flexibility (e.g. *Uttanasana* full pose). More towards *Salamba Sarvangasana* (*Eka Pada Sarvangasana* from *Ardha Halasana* on chair).

Reading:

w4.p1 ***Tadasana***

(PC w4.p1)



w4.p2 ***Urdhva Baddhanguliyasana***

(PC w4.p2)



w4.p3 ***Utthita Trikonasana***

(PC w4.p3)



w4.p4 ***Virabhadrasana II***

(PC w4.p4)



w4.p5 ***Utthita Parsvakonasana***

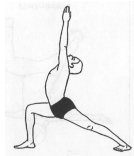
(PC w4.p5)



w4.p6

Virabhdrasana I

(PC w4.p7)



Start with *Vimanasana*.

Arms into *Urdhva Hastasana*.

Experiment with starting with hands on waist, then knee bend, then *Vimanasana* arms, versus starting with *Utthita Hasta Padasana* hands before bending leg.

Turn front foot 90° out, back foot 60°.

Hands on waist.

Bend front leg to a 90° angle

Keep trunk straight, perpendicular to floor.

Keep back heel down.

Straighten front leg, turn feet parallel,

Repeat on other side.

w4.p7

Utkatasana

(PC w4.p8)



w4.p8

Parsvottanasana

(PC w4.p9)



w4.p9

***Uttanasana* (full pose)**

(PC w4.p10)



Get two blocks in case needed

Feet apart

Start with *Baddha Hasta Tadasana*

Then *Baddha Hasta Uttanasana*

Finally, extend arms to floor, using blocks if needed.

Come up. Feet together, *Urdhva Hastasana* hands, extend, bend, bring hands to floor or blocks.

Bend at hips, keeping back extended.

w4.p10

***Ardha Halasana* (from chair)**

(PC w4.p11)



w4.p11 ***Eka Pada Sarvangasana*** from
Ardha Halasana on chair

(PC w4.p12)



From *Ardha Halasana*, left right leg straight towards ceiling.

Keep back straight.

Bring right leg down, repeat with left leg.

w4.p12 ***Paschimottanasana***

(PC w4.p13)



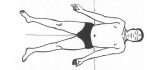
w4.p13 ***Setu Bandha Sarvangasana***

(PC w4.p14)



w4.p14 ***Savasana***

(PC w4.p15)



Week 5

Themes: *Adho Mukha Svanasana!* Arms behind back (e.g. *Paschima Baddha Hastasana*, *Gomukasana*, *Paschima Namaskarasana*). *Salamba Sarvangasana* from chair.

Reading:

w5.p1

Tadasana

(PC w5.p1)



w5.p2

Urdhva Hastasana

(PC w5.p2)



w5.p3

Urdhva Baddhanguliyasana

(PC w5.p3)



w5.p4

Namaskarasana

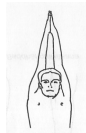
(PC w5.p4)



w5.p5

***Urdhva Namaskarasana from
Urdhva Hastasana***

(PC w5.p5)



w5.p6 ***Paschima Baddha Hastasana***

(PC w5.p6)



Hands behind back, hold elbows.

Pull shoulder blades together.

Keep shoulders down, neck long, back straight.

Primary actions: Shoulder blades towards each other.

w5.p7 ***Gomukasana (arms only)***

(PC w5.p7)



Get a belt, drape over right shoulder.

Stand in *Tadasana*

Upper arm first. Right arm. Bend elbow, hand reaching down back. Use left hand to gently push elbow back. Elbow pointing straight up. Keep head up, facing forward.

Lower arm. Sweep left arm out and around to back. Bend elbow.

Can hands clasp? If not, grab belt with right hand, then left hand. See if can walk hands towards each other along belt.

Head up, shoulders down, abdomen in.

w5.p8 ***Paschima Namaskarasana***

(PC w5.p8)

Move shoulder blades towards each other and into back, as in *Paschima Baddha Hastasana*.

Scooch hands up back.

Can you rotate hands and arms so that thumbs come together?

Linking: Shoulders and upper arms as in *Paschima Baddha Hastasana*

w5.p9 ***Vrksasana***

(PC w5.p9)



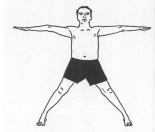
w5.p10 ***Utkatasana***

(PC w5.p10)



w5.p11 ***Utthita Hasta Padasana***

(PC w5.p11)



w5.p12 ***Utthita Parsvakonasana***

(PC w5.p12)



w5.p13 ***Utthita Trikonasana***

(PC w5.p13)



w5.p14 ***Virabhadrasana II***

(PC w5.p14)



w5.p15 ***Utthita Parsvakonasana***

(PC w5.p15)



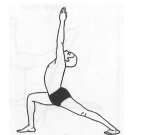
w5.p16 ***Vimanasana***

(PC w5.p16)

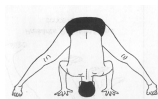


w5.p17 ***Virabhdrasana I***

(PC w5.p17)



w5.p18 ***Prasarita Padottanasana*** (full pose) (PC w5.p18)



Have one or two blankets available, and a block.

Get into *Prasarita Padottanasana* (concave).

Bring hands back in line with feet, fingers pointing forward.
Back still concave.

Keep elbows in as lower head to floor.

Elbows in, forearms perpendicular to floor. Shoulders away from ears, neck long.

Add enough blankets and/or block to rest crown of head.

To come up, may need to scooch feet together a bit.

Transition to *Prasarita Padottanasana* (concave). Hands to waist. Come up.

Primary actions: Keep elbows in

w5.p19 ***Adho Mukha Svanasana*** (PC w5.p19)



Mat to wall, stand against wall.

Uttanasana, hands to floor. Walk hands forward 4 feet, keeping heels at the wall.

Hands shoulder-width apart. Feet in line with hands.

Hands: weight balanced left hand vs right hand. For each hand, weight balanced evenly front-to-back, pinky-to-thumb. Palms open, fingers spread apart.

Arms: elbows straight.

Lengthen spine, raise buttocks toward ceiling.

Legs straight, knees open.

Come up on toes, left buttocks as high as possible.

Now keep buttocks up high while lengthening calves and ankle to bring heels down towards floor.

Primary actions: Lengthen spine, raise buttocks.

Primary actions: heels towards floor.

w5.p20 ***Uttanasana*** (PC w5.p20)

Feet hip width apart.

Use blocks if hands cannot rest comfortably on floor.

Knees straight

Weight even on feet front to back.

Repeat with feet together.



w5.p21 ***Padangusthasana***

(PC w5.p21)



Use belt if cannot grab toes.

Start with concave back. Head looking up/forward.

Pull against toes to lengthen back.

Then release into head down.

w5.p22 ***Ardha Halasana***

(PC w5.p22)



Teach use of belt, as preparation for *Salamba Sarvangasana*.

w5.p23 ***Eka Pada Sarvangasana*** (from *Ardha Halasana*)

(PC w5.p23)



From *Ardha Halasana*, lift right leg straight up.

Bring leg down; repeat with other leg.

w5.p24 ***Salamba Sarvangasana*** (from *Ardha Halasana*)

(PC w5.p24)



Staying in *Ardha Halasana*,

Bring right foot up into *Eka Pada Sarvangasana*.

Bring left foot up to join right foot.

Straighten back using hands.

Bring hands higher on back (towards neck).

w5.p25 ***Halasana***

(PC w5.p25)



Bring legs down to chair, into *Ardha Halasana*.

Push chair away from head,

Bring legs down, bringing feet to floor.

Hips should be over head.

w5.p26 ***Paschimottanasana***

(PC w5.p27)



(skipping *Karnapidasana*)

w5.p27 ***Savasana***

(PC w5.p18)



Week 6

Themes: Full *Salamba Sarvangasana*. Full *Ardha Chandrasana*.

Reading:

w6.p1 ***Tadasana***

(PC w6.p1)



w6.p2 ***Urdhva Baddhanguliyasana***

(PC w6.p2)



w6.p3 ***Paschima Baddha Hastasana***

(PC w6.p3)



w6.p4 ***Gomukasana***

(PC w6.p4)



w6.p5 ***Paschima Baddha Hastasana***

(PC w6.p5)



w6.p6 ***Vrksasana***

(PC w6.p6)



w6.p7 ***Utkatasana***

(PC w6.p7)



w6.p8 ***Utthita Hasta Padasana***

(PC w6.p8)



w6.p9 ***Parsva Hasta Padasana***

(PC w6.p9)



w6.p10 ***Utthita Trikonasana***

(PC w6.p10)



w6.p11 ***Virabhadrasana II***

(PC w6.p11)



w6.p12 ***Utthita Parsvakonasana***

(PC w6.p12)



w6.p13 ***Vimanasana***

(PC w6.p13)

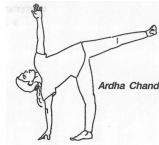
w6.p14 ***Virabhdrasana I***

(PC w6.p14)

w6.p15

Ardha Chandrasana

(PC w6.p15)



Have a block available.

Utthita Trikonasana

Bend right knee, place right hand on floor about a foot in front of right foot.

Left hand on waist.

Bring left foot in a little towards right foot.

Raise left leg so parallel to floor.

Extend right leg.

If cannot extend right leg with hand on floor, put right hand on block.

Can you raise your left arm towards ceiling?

Repeat on other side.

If balance is an issue, can do this pose against wall.

w6.p16

Parsvottanasana (full pose)

(PC w6.p16)



Go through concave stage first.

Concentrate on extension.

Use blocks if necessary.

w6.p17

Adho Mukha Svanasana

(PC w6.p17)



w6.p18

Uttanasana

(PC w6.p18,19)



Use blocks if needed

First with feet apart, then repeat with feet together.

w6.p19 ***Padangusthasana***

(PC w6.p20)



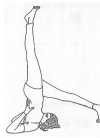
w6.p20 ***Ardha Halasana***

(PC w6.p21)



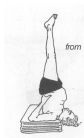
w6.p21 ***Eka Pada Sarvangasana***

(PC w6.p22)



w6.p22 ***Salamba Sarvangasana***

(PC w6.p23)



w6.p23 ***Halasana***

(PC w6.p24)



w6.p24 ***Paschimottanasana***

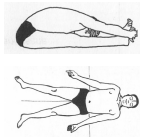
(PC w6.p26)



skipping *Karnapidasana*

w6.p25 ***Savasana***

(PC w6.p27)



Bibliography

- [Iye00] Geeta S. Iyengar. *Preliminary Course (For Beginners) (Yoga In Action)*. YOG, 2000.