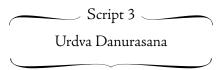
Megan Andrews
ISHTA 200H TT Assignment

Mentor: Peter Ferko May 30, 2022



Transition from Laying Down

- Come to lay down on your back
- Engage full complete breath, breathing in to all directions of the ribcage from the belly up to the chest
- Use this breath create more space in the thoracic cavity

Transition from Setu Bandha Sarvangasana

- * Return to your regular breath
- Bend your knees, placing your feet underneath your knees, close to your seat
- Notice that the feet are spaced about hip-width apart
- Place the arms by your side, palms faced down and pressing in to the ground
- Tuck in your elbows and shoulder blades towards the midline of the body
- Press your feet in to the ground to lift the thighs and hips towards the sky

Urdva Danurasana

- Extend arms over head, fingers directed towards the heels
- Tuck in the shoulder blades
- Inhale: As you inhale, press through the hands and feet, to lift the chest and heart center upwards
- Attention to the neck: Keep it in line with the rest of the spine or allow the head to hang loose

Transition Out

- Exhale: On the next exhale, slowly bend the elbows to lower yourself down while you begin to tuck in your chin
- Starting with the back of your head, lower your spine down in a wave: from the back of the head to the sacrum.



Modification

• Option to stay in bridge or supported bridge pose.