

Megan Andrews
ISHTA 200H TT Assignment
Mentor: Peter Ferko
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Script 4
Sirsasana

PREPARATION

- ❖ Have the mat placed in front of a wall before you enter Adho Mukha Svanasana/- Downward Dog

FROM ADHO MUKHA SVANASANA TO CATUR SVANASANA

- ❖ Lower down onto your forearms, keeping the elbows beneath the shoulders
- ❖ Interlace the fingers
- ❖ **Inhale:** Allow your forearms to bear more of your body weight as you tip-toe the feet closer to the shoulders. Eventually stack your hips above your shoulders.
- ❖ **Exhale:** Lower the crown of your head on to the mat between the forearms.
- ❖ Pause for a couple breaths in Dolphin Pose
- ❖ **Inhale:** Press through the shoulders and fold the knees in towards your abdomen
- ❖ Feel that the weight pours into your forearms more than your head
- ❖ **Exhale:** Uncurl the legs and extend them up towards the ceiling, pointing your toes (plantar flexion)
- ❖ Maintain your breath and picture the spine mimicking that of a Tadasana spine.
- ❖ Have your focal point directly in front of you to assist with balance

TRANSITION OUT

- ❖ **Exhale:** With strong engagement of the core and pelvic floor, start to bend at the hips and curl the knees back in towards the abdomen
- ❖ Keep using the support of your forearms
- ❖ Allow the toes to touch back to your mat
- ❖ **Inhale:** Release the head
- ❖ **Exhale:** Send the seat back towards your heels for a yummy Child's Pose

MODIFICATIONS

- ❖ Stay in Dolphin Pose/Catur Svanasana to experiment with gradually introducing more weight and load into both the forearms and shoulders.
 - ~ Option to lift one leg at a time in Dolphin Pose
 - ~ Practice routinely for upper body strengthening