

Megan Andrews
ISHTA 200H TT Assignment
Mentor: Peter Ferko
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Script 2
Ujjayi

TRANSITION FROM DOWNWARD DOG

- ❖ **Inhale:** Look between your hands and send the right foot gently between the palms.
Exhale
- ❖ Swivel the back foot to about 45 degrees, keeping the outer edge of the foot firmly planted
- ❖ **Inhale:** Rise up, arms stretched upwards, and welcome to warrior one
Exhale
- ❖ As you arrive in Virabhadrasana, start to notice in which ways your body could use more support and ease.
 - ~ Maybe allow your hips more space by moving the feet wider apart/toward the edges of the mat
 - ~ Play with the position of the arms
 - They don't have to be beside the ears, they can be slightly in front
- ❖ Stay with your breath
- ❖ What feedback are you getting from your feet? Allow the stability from your feet to spread up through the legs, so that each leg supports your weight equally with the torso well balanced in the center
- ❖ Imagine the pelvis is a bowl filled with liquid that you want to keep contained
 - ~ It doesn't tilt too forward or backward
 - ~ Can you square your pelvis with the front of your mat?
- ❖ Draw the navel to the spine and start to lengthen up to the crown of your head
- ❖ Breathe in through the crown, down the spine, through the feet and into the ground below

TRANSITION OUT

- ❖ *Inhale*
- ❖ **Exhale:** Frame the front foot with your hands
- ❖ **Inhale:** Step back to downward dog
- ❖ **Exhale:** Release all the air out of your body and settle into downward dog for 5 breaths

REPEAT OTHER SIDE

MODIFICATION

- ❖ If you feel discomfort, you're welcome to come to a high lunge instead
 - ~ Just swivel the back foot forward and lift the heel