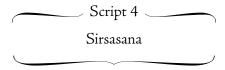
Megan Andrews

ISHTA 200H TT Assignment

Mentor: Peter Ferko

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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