

Megan Andrews
ISHTA 200H TT Assignment
Mentor: Peter Ferko
May 30, 2022

Script 5
Janu Sirsasana

TRANSITION FROM DANDASANA

- ❖ Come to sit with your legs straight in front of you with flexed feet (dorsal flexion)
- ❖ Keep your legs active with a microbend in the knee
- ❖ Breathe length in the spine, allowing the crown to reach toward the ceiling
- ❖ Bend in the left knee, such that the sole of the foot presses against the upper thigh of the opposite leg
- ❖ **Inhale**
- ❖ **Exhale**: Rotate the torso to “face” the extended leg
- ❖ **Inhale**: Breathe space in to the midline of the body
- ❖ **Exhale**: Hinge from the hips to slowly fold over the extended leg
- ❖ Finding the “edge:”
 - ~ Go as far as your body can without compromising important components of the posture:
 - ~ Keep the spine naturally curved, as opposed to rounded
 - ~ Do not collapse the chest, keep your collarbones wide
 - ~ Strive to move “forward” as well as downwards
 - ~ IF the belly reaches the thigh, you may allow for a rounding of the spine

COMING OUT OF THE POSE

- ❖ **Inhale**: Engage the core and lift the torso back upwards
- ❖ **Exhale**
- ❖ Straighten both legs and give them a bit of a jiggle

(*REPEAT OTHER SIDE*)

MODIFICATIONS

- ❖ Elevate your seat on a blanket
- ❖ Use blocks for your hands to rest on