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ISHTA 200H TT Assignment  
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Script 3  
Urdva Danurasana

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.