




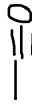



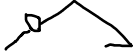

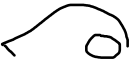
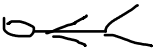


Lesson Plan Week of 23 March 2020

This is a basic lesson plan and will hopefully be the start of your own self-practice

Regular practice of yoga can help you face the turmoil of life with steadiness and stability.
BKS Iyengar

Svastikasana		Sitting crossed legged support on a folded blanket to keep lower back lifted
Supta Padangusthasana 1		Holding upright leg with a belt on the foot
Supta Padangusthasana 2		Leg to side, ease belt round foot and leg can rest on the wall
Urdhva Parsrita Padasana		Both legs up, use a belt round the feet
Uttanasana		Wide feet holding back of ankles or hands to a chair or a wall
Tadasana (standing pose)		Stand against wall
Utthita Hasta Padasana		Feet facing forwards
Parsa Hasta Padasana		Turn the front leg out fully
Trikonasana		Hand on waist first and then upto the ceiling, right hand towards the ankle
Adho Mukha Svanasana		
Legs up wall or Shoulder stand		Shoulders on supporting foam pads or blankets for shoulder stand
Halasana		Feet to chair, feet to floor, feet apart
Savasana		Head <u>NOT</u> rolling back, if tilting use a blanket for support

If anything is unclear please contact me on 01260 279565 or 07970186109 or email enquiries@congletonyogacentre.com. Christina