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Yoga Foundations Workshop

Presented by
Judy Keen and Jenny Tucker



Keen on Yoga

Start and finish in a relaxation

As you lay quiet for 5 - 10mins, notice if the mind is very busy
Focus on your breath as you inhale and exhale to encourage the mind to quieten.

Feel the abdomen rise with your inhale and fall with your exhale

Visualise your lungs expanding and releasing

Try saying to yourself 'I am inhaling, I am exhaling'



Savasana

Lying on your back, bolster or rolled up blankets under the knees
Knees wide - hips gently open
Blanket under your head for comfort

Option no bolster and lie out like a star
– legs wide toes fall away
– arms wide

Sukhasana



Virasana



Mediative pose with support

Using a blankets or bolster to lift the hips and release the knees down

Try it for a 5 – 10 minutes while doing mindfully deep breathing using full capacity of the lungs - all the chambers of the torso, belly ribs and chest

Exhale - sink the buttocks into the bolster and legs relax to the floor,
Inhale up the spine lengthening torso and aligning the spine, head lifted and light.
Shoulders down, neck long.

Yielding - Aligning the Body with Ground, Gravity and Space

Donna Farhi

"Any surface that contacts the ground must yield to the earth. Actively yielding to the earth creates a rebounding force away from the earth, elongating the body upwards into space. Whenever the relationship of yielding is lost, breathing is restricted".

The more you yield the higher you jump!

Forward Virasana

Knees wide and big toes touching, sit back onto heels

Exhale, stretch the arms forward

Yield hands on the floor

stretching the back and spine

draw buttocks back to your heels



It can be restful with elbows soft and arms on the floor or active with hands yielding on floor and arms straight.

holding for 5 – 10 breaths

Adho Mukha Śvānāsana – Downward Facing Dog

Place hands shoulder width apart, step back feet hip-width apart.

Lengthen the spine and side waist

Hips lifted and light

Yield hands into the ground, Elbows light.

Lift shins to knees and thighs to hips

Hold for about 5 breaths.



Cat Pose - start by pressing hands and knees to floor, drawing in core to hold neutral spine
 - Inhale shoulder blades draw down and into the back to lift head as the abdomen lowers
 - Exhale the chin to the chest and spread the shoulder blades
 - Repeat 3 or 4 times



Table top -Balance weight between hands and feet



Cow - Inhale



Cat- Exhale

Lateral stretch



Bring knees together
Inhale lift feet



Exhale swing to the right



Exhale sit to heels
Hold for 2-3 breaths
Breathe into the left side ribs



Inhale lift feet



Exhale sit to heels
Hold for 2-3 breaths
Breathe into the right-side ribs

Tadasana – mountain pose

Modify – keep feet hip width apart



Shift weight in feet toes to heels and explore how it changes your posture

Weight to the heels
Feet together
Lift the front thighs to hips
Tail bone down towards the heels
Lengthen arms down into fingers tips
Shoulder blades down,
Feel the back of the neck become longer

Try closing your eyes
balance and breath.

Deep Lunge Sequence



Tabletop

Balance weight
through hands and knees

Option – use blocks under hands for ease

Repeat to other side
Hold each position for 2 – 3 breaths



Inhale - left foot forward - Yield
Hold for a few breaths



Inhale – lift arms
Draw tail bone forward
option - untuck the back
toes
Hold for a few breaths

Finish in a restorative position

Lying with your legs resting on a chair/couch, or in Savasana (the first pose)
Focus on the breath again and give your body 5 -10 mins
to relax and re-energise after your efforts



Helpful Hints

Maintain an upright posture while walking

- Shoulder blades draw down and sternum lifts – careful not to exaggerate.
- Align feet, hips and crown of head
- Breathe into the side and bottom of the ribs

