

6/8/2023

# Yoga Foundations Workshop

Back to Basics 1 and 2



**Judy Keen  
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 and ribs expand and release

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

Arms a little away from your side so that it is comfortable to have the palms facing up

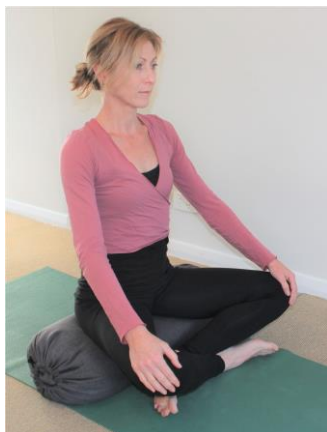
Blanket under your head

Option no bolster and lie out like a star

– legs wide toes fall away

– arms wide

### Sukhasana



### Virasana



Option - Use blankets or a bolster to lift the hips and release the knees down

Note - Don't stay sitting with discomfort in your knees, use more height or a chair

### Mediative pose with support

Try it for a 5 – 10 minutes while doing mindfully deep breathing

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

Donna Farhi

"Any surface that makes contact with 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 more rebound of energy you receive

### Forward Virasana

Knees wide and big toes touching, sit back onto heels

**Exhale** stretch the arms forward  
hands on the floor

Lengthen the torso between legs  
stretching the back and spine



You could do this pose a few times, at the beginning and end.

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

### Spinal Movement Sequence

Repeat 3-5 times



Lengthen spine and collar bones



Inhale – lift arms and lengthen from side ribs



Exhale arms down palms together, keeping spine



Inhale – interlock the fingers



Exhale – push hands forward and round into the back



Inhale – lift arms and lengthen from side ribs



Exhale – lower arms

**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 lengthens  
 - Exhale the chin to the chest, spread the shoulder blades and draw navel to spine  
 - Repeat 3 or 4 times



Tabletop - Balance weight between hands



Inhale



Exhale

### Deep Lunge Sequence



**Table top or Downward Dog**  
 Balance weight through hands and knees



**Inhale** - left foot forward  
 Hold for a few breaths  
 Yield left foot and draw left hip back



**Inhale** – lift arms  
 Front ribs to back ribs  
 Draw tail bone forward



**Exhale** – lower arms, fingers to the floor



**Exhale**  
 Step back to downward dog or table top

Repeat to other side  
 Hold each position for 2 – 3 breaths  
 Use blocks under hands for support



### **Tadasana - Standing**

Modify – feet together is more challenging

Long Neutral spine  
Equal weight left and right  
Feet hip width apart  
Lift the front thighs up  
Draw tail bone down towards the heels  
Lengthen arms down into fingers tips  
Feel the back of the neck become longer

Try closing your eyes and be as still as you can for 5 breaths.

### **Utanasana – use blocks or rest hands on legs rather than the floor**



#### **Exhale**

Round spine over legs, knees bent



#### **Inhale**

Straighten legs look forward straighten spine



#### **Exhale**

Round spine over straight legs hold for 3-5 breaths

## Adho Mukha Śvānāsana – Downward Facing Dog

### Start from Tabletop

Hands shoulder width and knees hip width apart, tuck toes under  
Keep knees bent as you lift your knees lengthening your torso

draw heels down and begin to try and straighten your legs.



### Adho Mukha Śvānāsana

Lengthen the spine and side waist  
Hips lifted  
Press hands into the ground - yield.

Push back into the legs  
Hold for about 5 breaths.



## Triangle Pose - Trikonasana

Standing step feet wide apart, right toes point to the front of mat

Straight legs but avoid locking the knees

Inhale extend arms shoulder height

Exhale lengthen over right leg.

Lift right thigh and reach down into the back left heel

Resting the right hand on shin or thigh

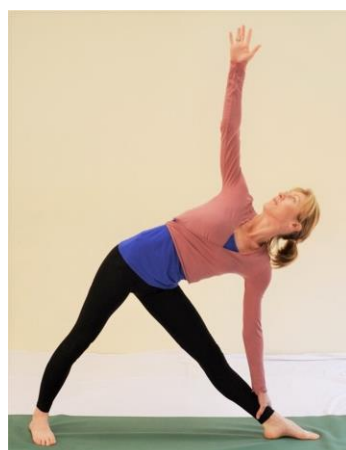
Extend the left arm to the ceiling.

If ok in your neck look up to left hand. If you are unbalanced, then keep gaze down to the floor.

Hold for 2 or 3 breaths, inhale lift.

Repeat to the left

Note: It may be more comfortable  
to bend the elbow and rest the  
hand on the hip.



Option –  
use a chair

**Core Sequence –** yield sacrum/low back to floor  
Draw the perineum up to navel



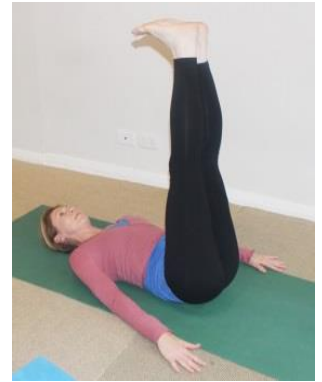
**Exhale** - Hug Knees



**Inhale** – lift legs



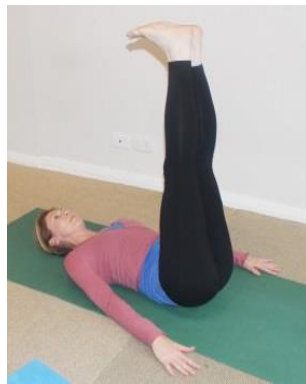
**Exhale** - Bend one knee  
in and extend arms



**Inhale** – lift legs



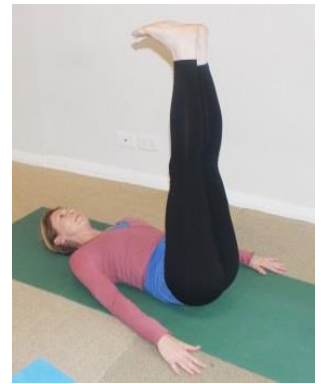
**Exhale** - Hug Knees



**Inhale** – lift legs



**Exhale** - Bend one knee  
in and extend arms



**Inhale** – lift legs

**Repeat 3-5 times**



**Finish with**  
**Exhale** - Hug Knees  
again, rock for 5 breaths  
Circle knees in opposite directions 5  
breaths

## Supta Padangusthasana



Inhale lift right leg – hold for 3 breaths

Press left foot on the wall toes pointing up  
Strap around ball or heel of foot 3 - 5 breaths  
Repeat to other side.



Exhale leg to right side – hold for 3 breaths



Inhale lift leg – Exhale leg to left  
keep right buttock on the floor

## Hip Opener Sequence



1. Hug right knee with right hand towards right armpit.  
hold foot with left hand - move towards left side of torso (armpit)



2. Hold right foot with strap and release right knee towards wall

Hold each position for 3 - 10 breaths





## Back Bend Sequences

keep feet and knees hip width apart, step heels slightly further apart  
Push the feet and lift buttocks, tail bone lifts



**Easy Rest Pose**



**Inhale**

option hold for 3 -5 breaths



**Exhale**



**Inhale – arms lift**



**Exhale – arms down**

Repeat 3 times  
Stop if lower back starts to ache

## Forward Virasana

Knees wide and big toes touching, sit back onto heels

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hands on the floor

Lengthen the torso between legs  
stretching the back and spine



You could do this pose a few times, at the beginning and end.

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## Twist Sequence



Arms shoulder height on the floor.  
Both knees bent to the right side  
Use blanket for support and keep  
left shoulder down



option - extend top leg



Repeat to the other side  
keep right shoulder down

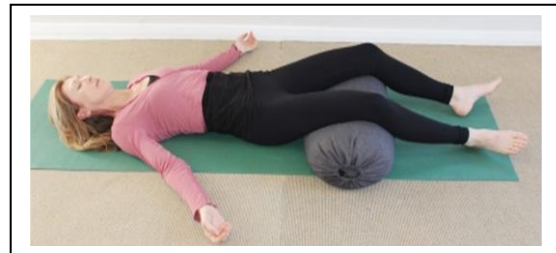


option - extend top leg

Hold for 3 - 5  
breaths on each  
move

## Finish in a restorative position

**Savasana** - the starting pose  
Lying with your legs straight  
or resting on a bolster or up on a chair/couch,



Focus on the breath again and give your body 5 -10 mins to recover and re-energise after your efforts

