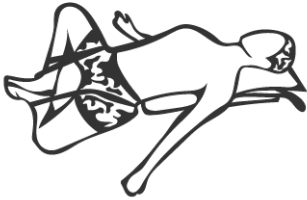


Basic Forward Bend Sequence

Pixie has put together a basic forward bend sequence for those who have completed at least 6 months of yoga. This sequence will have the head supported to a chair or bolster or blanket, as required.

Sequence steps



Supta Baddhakonasana
5 minutes
Use a bolster, belt and a support for head. Aim - quietyens the mind, opens the chest to restore energy, opens the groins.



Simple Cross Legs Forward
1 minute
Take height under buttocks if difficulty in bending forward from the hips. Forehead on bolster.



Uttanasana
30 seconds - 1 minute
Feet hip width apart, hands to shins or to floor - activate legs by lifting kneecaps up and spreading the back of the thighs and knees.



Adho Mukha Svanasana
1 minute
Thumb and index finger to wall, palms on floor - elbows straight, dorsal spine in, knees straight and active as in Uttanasana.
Work to get a horizontal stretch as much as a vertical stretch at backs of legs.



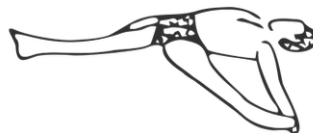
Parsvottanasana
45 seconds
Step into pose from Adho Mukha Svanasana with hands to floor or blocks.



Prasarita Padottanasana (Concave Spine)
1 minute
Hands to floor or blocks - concave spine. Then walk hands back to capacity, head towards floor.



Sirsasana
4-7 minutes
Preparation with three blocks, or go up to full pose with or without wall support.



Supta Padangusthasana II
45 seconds
Leg to side.



Baddha Konasana
2 minutes
Sit upright, use support under buttocks if knees high. Press soles of feet together to open inner thighs.



Upavistha Konasana
1 minute
Use support under buttocks if inner groins rolling backwards. Kneecaps and all ten toes facing the ceiling. Hands by hips, fingers pointing forwards.



Parsva Upavistha Konasana
30 seconds per side
Take belt if needed to turn to right and then left, holding foot or belt with opposite hand.



Janu Sirsasana
1 minute
If bent knee is off floor, take support for under buttocks and if knee still floating, use a rolled blanket as a support under knee.



Triang Mukha Eka Pada Paschimottasana
1 minute
If bent knee is tight or painful, and if spine is rounded backwards, sit with both buttocks on a bolster or folded blanket, bent leg foot to side of support. Use a rolled towel or blanket behind bent knee if tight or painful.



Marichyasana I
1 minute
Support for both buttocks if spine is rounding. Entwine the arms around bent knee. If stiff take both hands to extended leg foot instead of entwining.



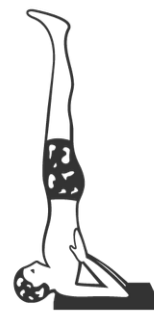
Paschimottasana-rolled-towel-under-coccyx
2 minutes
Feet hip width apart. Sit on blanket or bolster if spine is rounding backwards. Rest forearms or hands onto bolster or chair and use head support.



Simple Cross Legs Twist
30 seconds per side
Change cross of legs and repeat use block behind back for back hand if can't easily reach.



Bharadvajasana I
45 seconds per side
Buttock support under side turning towards if hips tilting.



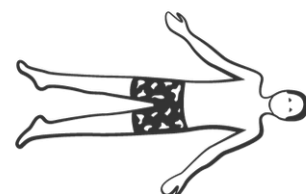
Sarvangasana
5-7 minutes
Take enough height so that back body is lifting.



Halasana
3 minutes
Feet or thighs to chair.



Virasana Forward
1 minute



Savasana
5 minutes
Head supported by blanket.