

Classplan Description:

	Pose Name	Pose Description/ Pose Transition Comments
	FOOT WORK: Supination/Pronation <i>(Golf Chakra)</i>	Pronate and supinate one foot at a time, holding your shin, thigh or using a strap. Try to keep the knee steady as the ankle moves toward full range of motion. Think of these practices as gentle ways to extend and flex the ankle, foot and toes, using extremely gentle movements. Massage both feet, toes, soles of feet, and upward onto your shin, especially the larger calf muscles to inspire circulation. This encourages myofascial engagement and release all the way into the hips and low back
	Toe Stretching <i>(Padanguli Naman)</i>	Point and flex gently, then pronate and supinate. Massage each knuckle of the toes...try to separate the toes and stretch a bit to encourage range of motion. THEN, play with a kleenex on the floor...drop it, and then try to pick it up with your toes...
	Knee Flexion:Massage & Movement <i>(Janu Chakra)</i>	You may practice this in bed first thing in the morning seated. 1. Draw one knee in, and move it toward the shoulder...begin supination and pronation... 2. Massage the toes, feet, shins, calf muscles, lower and upper thigh, inner and outer...take your time, breathe deeply, pause where there is "sensation" or tightness and gently work to release tension or pain...
	Mountain w/block <i>(Tadasana Hastasana)</i>	Place a block, Kleenex box or large book between your knees when you practice this pose. As you release into utkatasanana, hold the block steady...maintain balance, right and left legs move at the same pace as you go lower, and then rise up...
	Mountain Balancing #1 <i>(Tadasana)</i>	Primary Balancing Series, begin with: (1) Feet wide, find your MIDLINE. Choose a focal point. Sense stability and ease, safety. This is simple ~ sense this, feel this deeply, it is perfectly safe and effortless. Now, close your eyes and count to 20. (2) Now place feet side by side, touching. IF YOUR KNEES ARE TOO CLOSE AGAINST EACH OTHER, REMEMBER TO PRESS MORE ON THE OUTSIDE OF EACH FOOT TO WIDEN THE HIPS AND MOVE KNEES AWAY FROM CENTER. Sense the MIDLINE. Feel how this compares to the first posture and remember the felt sense of safety, close your eyes for 20 seconds. (3 & 4) Imagine that you are on a tightrope: place one foot ahead of the other. Find your center, then a focal point. Recall the felt sense of ease and stability from the earlier versions, then close eyes for 20 seconds. Be playful and remember, there is no such thing as cheating...you may keep your eyes open...
	Supported Bridge <i>(Salamba Setu Bandha Sarvangasana)</i>	Place a PILLOW or bolster beneath your hips. Feel the pelvis and sacrum rest firmly on the support. The waist should be above the prop. You may hug both knees in toward your chest and rest there as long as you wish. Extend legs overhead if there is no discomfort. Place both feet back on the floor, rest the back heavily on the bolster, extend one leg at a time. Hold the pose 3-8 minutes and breathe deeply. Tone the low belly gently and straighten one leg until the heel rests on the floor. Breathe into the openness on that side of the entire body. Then repeat on opposite side.

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	Half Happy Baby <i>(Ananda Balasana)</i>	Keep one leg on the floor, while the other knee bends, and the thigh moves toward the floor, or, rest your thigh on a block...hold several minutes, breathe deeply. Releases tension in your back, inspires strength in knees, releases hamstrings.
	Eye Of The Needle II <i>(Sucirandhrasana)</i>	Perfect for stretching piriformis muscle Never move into pain ~ be sure to avoid any knee discomfort as you rotate the thigh and bring your shin across the opposing thigh. If right shin rests on left thigh, place right palm firmly against the right thigh and gently press that thigh away from the body, to open the groin area and lengthen the hip flexor muscles. Breathe as if breathing directly into the low belly and area where the hand is working...repeat on opposite side. Can also be practiced standing in half lotus with a forward bend.
	Supported Reclining Easy Restorative <i>(Supta Sukhasana)</i>	We practiced this with one leg at time, and the support was beneath the hip of the bent leg to prevent strain and encourage a deep release