

Yoga - sequence - beginner class - sun salutation

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Om - Add a spiritual dimension— even chanting aum and many new students put up such defenses that complicate their experience.

Sukhasana - Easy Seated Pose - 1-3 minutes. Welcome, set intention, begin guiding. ujjayi pranayama. Offer a slow warm- up involving asanas that will make Surya Namaskara more accessible. Teach the importance of dristana, in which the eyes are focused on a single point in each asana, helping to harness the mind to the breath and body.



Stretching Exercises/Warm Up

Left leg in front of right leg
forward fold
walk hands left and right
other side

neck rolls

Balasana - Child's Pose - Emphasize the importance of steadiness and ease, show them Balasana (Child's Pose), and encourage them to rest in that or any other asana whenever they feel the need.



Bidalasana - Cat Pose and Bitilasana - Cow Pose - Teach the relationship between breath and movement even within the relative stillness of a held asana. Start this exploration in a simple seated position, and then explore it with greater movement by doing Cat and Dog Tilts on all fours.



cat - on the exhale, arc the back, scoop out the navel



cow - on the inhale, look up, drop the belly

Balasana - Child's pose - 5 breaths. Caution sensitivity to the knees and lower back.

Adho Mukha Svanasana - Downward-facing Dog Pose - 30 seconds. Briefly alignment energetic action. foundational asana that prepares the body for the introduction to arm balances in intermediate- level classes. offer alternative folding over with hands on wall.



Samasthihi - Mountain Pose - Walk forward from Adho Mukha Svanasana and slowly roll up to standing. Teach Tadasana.



Modification for thread the needle - roll shoulders open against wall

Surya Namaskar - sun salutation

- Exhale, steady standing, Samastittih.

- Inhale, lock thumbs, arch back.
- Exhale, bend forward, Uttanasana.
- Inhale, step right foot back to lunge, Chandrasana variation.
- Exhale, step to downward- facing dog, Adho Mukha Svanasana.
- Inhale, Plank posture.
- Exhale, knees, chest and chin to the floor, Ashtanga Namaskar.
- Inhale, Cobra, Bhujangasana.
- Exhale, seat to heels, then downward- facing dog, Adho Mukha Svanasana.
- Inhale, step right foot forward.
- Exhale, bend forward, Uttanasana.
- Inhale, bend knees, lock thumbs, reach up as you straighten legs and arch back.
- Exhale, steady standing, Uttanasana. Repeat for at least 5 minutes.



Chair modification

Sun Salutation Series Summary

You are about to begin the energizing Sun Salutation Series. Try at least four breaths per pose. Several poses will call for you to imagine resistance against the floor. Have fun visualizing and creating this encounter.



Full Salutation



Forward Bend



Runner's Stretch



Plank



Eight Point Pose



Cobra



Downward Dog



Runner's Stretch



Forward Bend



Full Salutation

Modification for Sun Salute

Grab wrist, Side stretch left and right

Forward fold, rise half way, fold, arms to sky

Forward fold with crescent

Vrksasana - Tree Pose - 30 seconds on each side. Limit standing balance asanas to Vrksasana (Tree Pose)



Virabhadrasana II - Warrior II Pose - Prepare in a wide Prasarita stance. 5-10 breaths on each side.



Setu Bandha Sarvangasana - Bridge Pose - 2 times, 5-10 breaths each time. back bends with Setu Bandha Sarvangasana (Bridge Pose), again exploring dynamically before holding for up to five breaths. Repeat two to three times.



Apanasana - Knees to Chest Pose - Guide gentle rotation of the knees in circles. Work in stretch on each side.



Supta Parivartanasana - Reclined Twist - 2 times, 5-10 breaths on each side. Offer

a gentle release of the spine following back bends, starting with an easy Supta Parivartanasana (Reclined Revolved Pose) with both knees bent and together to take it easier on the lower back.



Eka Pada Raj Kapotasana Prep - Pigeon Prep - 1-2 minutes on each side.



Dandasana - Seated Staff Pose - 1 minute. Explain grounding through the sit bones as the primary action in this and all other seated asanas.



Paschimottasana - Seated Forward Bend - 1 minute.



Savasana - Final Relaxation - 5 minutes or longer.



Closing

Fetal position - with your eyes closed, slowly roll over to right side, and come back to your intention.

Comfortable seated position - keeping your eyes closed, slowly push up to comfortable seated position.

Bring your hands to heart center.

Touch thumbs to forehead for good thoughts for yourself and for others.

Touch thumbs to lips for kind words for yourself and for others.

Touch thumbs to heart for good intentions for yourself and for others.

Sukhasana - Meditation.

