

• **CHATUSH PADASANA** / Preparation

1/ without going on the shoulders (top shoulder blades / prep. Sarvangasana)

Top buttocks away from the lumbar

Press feet down > buttocks up : pelvis / knees in line (no sagging in the pelvis)

If the buttocks remain dull it will cause an extra effort in the back thighs (beginning of cramp)

Keep the hips active so the effort is not too strong on the thighs.

Strong action in the buttocks - but maintain that line / without rolling on the shoulders.

Stamping on the feet, pull towards the toes Go down.

Again. Now, we do not go further and do not go beyond this slanting line.

Front / back edges : must be parallel / buttocks not hanging down.

Do not bring the Chatush Padasana curvature. Keep the slanting line.

Fell the grip, the length? The back longer? Bring firmness /awareness in the hips.

You may have the upper back/chest supple and open, but if the hips are dull, they remain dull.

From outer hips to outer knees as if gripping a brick between your knees, thighs lengthening, top buttocks away from the lumbar, keep the thighs parallel : firm resistance > broaden the buttocks

Do x 2 x 3 times If your thighs feel exhausted it means the hips are still lazy

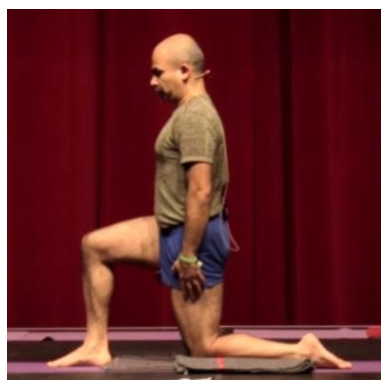
Thighs stretching towards the knees, and the grip on the knees creating an impact on the buttocks.

- Idem : try to push the knees out like if you had a belt around them : imaginary prop (brick or belt, try with both) : notice the change in the grip (push inwards / outwards, observe...)

Find out which is more challenging for you. [Beginner : we give a real prop]

• **TADASANA**

Top buttocks down, buttocks tucked in and broaden at the same time, pelvis parallel to the floor - grip from the back to the front - see the lift of the lumbar, well supported by the hips / buttocks.



• **LUNGE KNEELING** alone / in pair instep of the feet on the floor

pelvis down - mid buttock to the front - strong grip in the buttocks > lengthening in the fronty

Adjust the tilt in the hips R/L : pelvis parallel / floor

Press front foot > outer hip to move in > mid buttocks grip > elongate the front.

Firmness in the buttocks > firmness in the lower back > length in the pelvic region.



The stamping of the front foot is very strong (a few seconds).
While going for the alignment, do not compromise on the grip, the firmness.

* Lengthen the front thigh : understand the degree of firmness which is needed, that firmness is going to bring a change.

* Front left slightly outward > strong squeezing grip to feel the outer thigh lengthening, don't let the inner thigh to shorten while lengthening the outer edge.

If you're struggling with the pressure in the knee: it is because the ankle is not pressing down we must stretch the back shin and press more on the ankle down (the back leg also comes too much forward) - the stiffness prevents the ankle to go down > add a blanket

* To go forward : just do it from the hip (the range is limited) and not from the trunk, with dullness everywhere. Slight range forward / backward - it is not a "movement" forward but bringing awareness in the hips/buttock region. See if you feel your thighs becoming longer.



* Front foot: if the hip cannot go in, do as if you wanted to stand up on it > the trunk lifts up instead of sinking because we stay kneeling > connected effort: from the legs get the trunk lifting through a stronger grip. Lifting is not the main idea, get a firmer grip first.

• **VIRASANA** > RE-RECREATE THE CHATUSH PADASANA LINE LEANING BACK > SUPTA VIRASANA
Strong grip of the buttocks, elongate the thighs and slowly go in Supta Virasana... Come up

• **STANBHASANA** > **PREP. USTRASANA** : Front = PURVA = EAST

Kneeling, just as we did.

Push the top buttocks down and slightly push forward: can you experience the lift in the perineal, pelvic region? Is the East getting the lift?

Sit in Virasana; We do not want to get Ustrasana at once. The curvature must be brought by lengthening the front (purva) and not by shortening the back (paschima). The hands are active to maintain the continuous lengthening of the front, firm grip on the buttocks > the lower abdomen receives this space ["back-bends" are a wrong name, in a way]

• **USTRASANA** : complete it with that awareness and do not go back in your memory - feel the connection between the ankles pressure and the buttocks grip. Ustrasana better?





• **URDHVA DHANURASANA**

1/ hands in the opposite direction press down and bring the elbows come closer just to make the upper arm parallel (not too much, just in line) - if difficult widen space between the hands to bring the elbows closer from the grip on the triceps - how much can you fix the upper arm bone toward the shoulder?

2/ turn the palms in the classical position (fingers > trunk) : observe if your outer upper arm becomes longer - upper arm bone from the elbow to the shoulder socket - press the palms down - upper arm bone into the socket / upper arm flesh longer - be light over there - feel that length at the back



3/ crown of the head on the floor - same action in the arms - buttocks firm - femur in - for a balanced lift - Just lift up and down activating the legs and arms together and feel - Upper arms > shoulder blades, which support the chest..

4/ final pose : when you lift, make sure that you remain parallel and go equally on the arms and legs - if you are more on one direction > adjust to balance a parallel lift. Is that lift better connected?



• **URDHVA DHANURASANA II** : upright from Tadasana > drop back in UD and come back in T
 Make sure you hold the top buttocks region to help : the lift is oblique - If the person is not active in her buttocks / legs, the helper may damage hir lower back. // Not everyone (can) do it.
 The helper helps the person to keep the weight on her legs.





- **ADHO MUKHA VIRASANA**

- **BHARADVAJASANA**

Turn and change on your own. Turn to create a release in your back.

- **MARICHYSANA III**

Touch and go, to release the back.



- **HALASANA**

or Setu bandha Sarvangasana on blankets/lenghwise

Exhale slower deeper : observe the lower back receives support from the front, but abdomen soft.

- **HIGH HEELS UTTANASANA** : Standing on the edge of the blankets

Lift the trunk, head last. Sit on the blankets

