

Vendredi 28 Octobre 2022 - Matin

- UPAVISTHA KONASANA

Extend heels. Observe the distance between your 2 heels in order to keep your legs straight. Adjust sitting bones on the edge of the blanket. Feel the length of your back legs, allow that length to gradually evolve. Feel the sitting bones connected on the support. From the R SB to R H and from the L SB to the L H increase that length. You can use your hands to clear the back thighs, release and extend. Hands on the side, you can use them to press the front thighs and allow the back thighs to go further. Arms are easy to use at that point: with the support of your hands, ascend the side trunk up, shoulders back. Press your hands down to lift the trunk up. If you just let loose your legs, there is a sinking of the base. Get the legs firm. Press the thighs down. And that downward pressure should help the trunk to ascend up. In this lifted position, observe if your breath can be normal or if it is a bit tight.



- > BADDHA KONASANA R LEG

With the R hand under the knee fold the R leg in BK. First, see if you can keep the R leg in BK. If you are struggling there, have some height under the buttocks. May be, bring the leg a little inwards, but as far as possible keep that leg in BK position (to the side). It can also stay a little forward. Don't force that closed angle at once. Release the calf away from the knee and in that position, find out if there is softness behind the knee there. The back of the knee should not feel locked tight. Press that outer thigh, outer shin down. As you do that, L leg straight, pressing down, hands back for support, trunk upright. Continue that downward pressure, observe how your hip is involved in this process.

- UPAVISTHA KONASANA > BADDHA KONASANA L LEG

Fold your L leg in BK. R heel extending. Adjust outer thigh, outer calf to adjust the knee. Even if you don't have any knee condition, check if you're able to find the tightness/ shortening which perhaps is not giving you aching pain now. It may not hurt, but can't you feel the soothe, the softness that certain adjustments can provide. That is the sensitivity, that is the understanding we want to continue with. That is why I am asking you to go step by step, and not to the best possible performance there. Release.

- > BADDHA KONASANA R LEG once again

This time, if possible, the foot can come a little closer. The freedom, the softness is the first priority, before going further. Can you press down, involving your hip. see what is happening on the R side (bent leg). Are you tilting on the R? Do you find the side trunk shortened when you press the knee down? Or is it the other way: the knee lifting and again bringing a shortening there? We want the outer edge, the outer side of the leg pressing down, helping the lift of the side trunk.

- UPAVISTHA KONASANA > BADDHA KONASANA L LEG

Try to have that clarity in the lift of the lower side trunk. The top part of the thigh, observe how it is involved and is able to lengthen, how the whole thigh feels elongated. It starts lengthening which means the knee descends down. (Do not try to force the knee at once.)

In this process are you able to feel the hip involved? Or do you feel only the inner thigh extending? Do you feel the hip involved? Maintain that involvement and lengthen the thigh. because we want to build upon further.



- UPAVISTHA KONASANA > MARICHYASANA R LEG FOLDED TO THE SIDE

Again, keep the leg forward first and observe if the back thigh is lengthening (R) towards the knee and even the calf is released away from the knee as you fold and bring the knee closer. If you feel you're being pushed backwards add some height under the buttocks.

Hold the top shin. Try to get that weight on the front of your R foot. Observe if pressing that foot down you are able to lift your trunk up. Continue to hold the top shin with your hand/arm around. Change.

- UPAVISTHA KONASANA > MARICHYASANA L LEG FOLDED TO THE SIDE

Hold the top shin, lift the trunk. Extend the R heel lengthen the R back leg. Try to shift the weight on the L foot. As you try to shift the weight, press the L foot. Pressing the L foot, the front has to lift up. The thigh and abdomen are close. See that the abdomen is not shortened. Ascend the rib cage. Change.



- UPAVISTHA KONASANA > MARICHYASANA R LEG

Now find out if you can slightly take the foot to the side. It is not just the foot tilting out, the whole leg moves slightly outwards and in this outwards movement the thigh is going at an angle you can

have the foot also tilted as well. It is going to determine how the shin bone is going to be connected with the knee joint. If both foot and thigh are in the same direction, the knee will be in a neutral position. But if we turn the foot inwards, the shin bone rolls inwards. This is the ability of the knee joint. It can roll outwards or inwards. Observe how it works at the base of the knee there. If you have a knee condition maintain that neutral state. And find out if you're able to shift the weight forward on that leg. Hands by the side. Trunk lifted. The straight leg pressing down. Release.

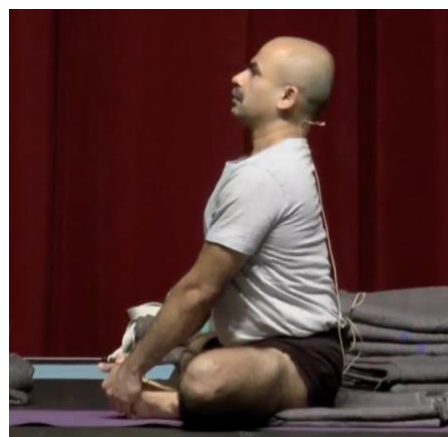
- UPAVISTHA KONASANA > MARICHYASANA R LEG

You can check the top of the shin and notice how the shin bone can roll in and out. These are all simple basic adjustments which we are trying to understand before we proceed and explore further in other poses. Press the foot. Have a slight outward push on that outer thigh (L) where the hip involves. Release.



- UPAVISTHA KONASANA

Heels extending. Pressing the thighs down, trunk tall. Observe if you're able to sit upright. Check if you can feel the lift on the back where it lifts you up. When you lift the back up, is the back caving in too much? Often we might just overdo, push the bottom ribs too much in the front. Am I contracting my lower back a lot? Observe that you can shift back while the legs are firm. And you should feel the lift at the front, sideways and even at the back. Observe how the torso is involved in all the edges. The sensitivity should be there on all the sides. > BK



- BADDHA KONASANA

In the same way, pressurize the heels now. You are on the sitting bones. Pressurizing the heels observe if you are sitting upright. As you sit, this is rolling backwards, you can see clearly the front shortening and the lower back is getting pushed behind. This should definitely not happen. If needed, increase the height. Find out if you are able to press the heels, the thighs down and ascend upwards. Bring the upwards lift while involved in the hips there and sit tall. If you find the knees are

up, just take extra height. Try to be along with the perpendicular axis. Then release your legs for Dandasana.



- DANDASANA

Heels extended, toes pointing up. How do you decide the height needed under the buttocks? Height should allow you to sit tall and allow you to extend the back of the legs well. Feet slightly apart, lengthen the heels away from the sitting bones so that the back of the thighs can descend down toward the floor. You should be able to press downwards and lift upwards. Once again feel that lift from the base of the trunk, hands by the side, lift up tall. Involve the same effort to extend the legs and lift up the torso. Use the hands as little as possible. Go for the taller lift. Let go. Recover.

Again, height as much as you need. When you straighten your legs adjust the whole of your back thighs with the reference of the floor. From the buttock, the back thigh has to lengthen toward the heels, along with that length we have to create that separation, the back thigh should move away from the center / the sitting bone. You should be able to separate the top back thigh, to clear it away from the center. Sitting bones physically won't separate apart, but moving the bottom flesh apart creates a different sense of separation, relaxation there. Then from there, the back thighs separate, and from that separation go for the length in the inner edge, outer edge. Observe the back legs should connect in a different manner with the floor. Feet slightly apart. So both legs have that clarity. Inner edge, outer edge, observe if you can sense them. Trunk tall/ press your feet and lift your arms IN UHD.

- URDHVA HASTA DANDASANA

Palms facing each other. Lift your arms up. Observe how your legs help you in that lift. Is your lower back leaning backward in search of support? Or is it helping the lift?

- DANDASANA

Bend your knees, press your heels, lift up from the base, then extend your legs keeping the lift.



- URDHVA HASTA DANDASANA

Observe how your legs, back connect to your arms. Observe that connected effort.

- ADHO MUKHA SVANASANA

Observe what is happening here... Just have your observations... Walk to Uttanasana.



Did your AMS legs feel any different? Did the back of the legs open better? That awareness can help us access the hips and the lower back better and the upper back can have more freedom.

EX : stiffness + dullness make you lean more on the arms > you get tired and want to come up

As the legs have more opening, we can create more opening in the back thighs, the heels may or may not reach the floor. The way we opened the back of the legs in Dandasana changes the length of the trunk then. It is a bit similar to URFHVA HASTA DANDASANA. (Bending the legs a little (opening the back thighs to raise the sitting bones up > the back changes. So, try to create that opening in the lower back. If the sitting bones are drawn towards the knees (it happens because of the stiffness of the back legs), it draws the pelvis downwards and then the lower back too.

> You can bend your knees a little, raise the sitting bones up, as if you were taking them away from the back of the knees. [We will see the extension of the legs later] See if you can create that grip.

* Warning for those who are supple: you can create that curvature easily, make sure that you lengthen with resulting in the curvature. (Not just pushing and lift missing). Go for the length of the trunk (don't work too much on your shoulder blades, some of you).

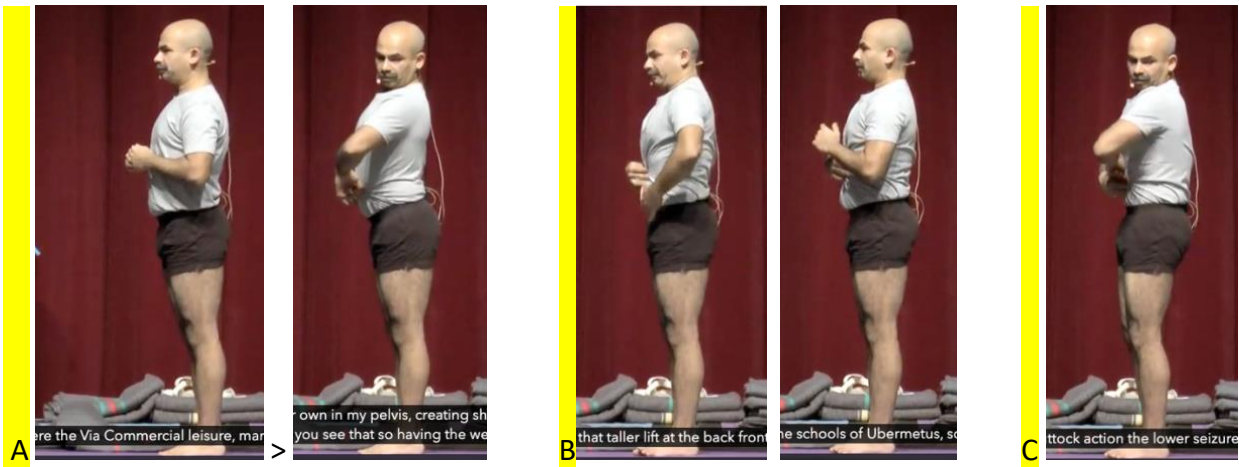


EX : beginner : instruction to take the upper back in, shoulder blades towards the chest - a valid instruction if this is the pose (A)

— but for someone who is there (B), if the same instruction will make me cave more, if I do not maintain the lift in the trunk. Often, this pushing in excessively may create different problems (in the shoulders, upper, or middle back). Too much caving in will create collapse in a weak structure. So, bring that firmness in the trunk and go for the length.

• TADASANA Stand straight, shift weight on the heels. Pressing the heels, try to lengthen the back legs, and widen as well. Stretching is familiar (extension) + widening the back thighs, that width we have to bring in. Pressing your heels, see if you can broaden you back thighs.

* Again: if I stretch my legs, knees firm, all that, I am still leaning slightly forward. **A** pushing my pelvis forward, then creating a shortening in my lumbar



B Having the weight shifted on the heels, I have to be firm with the heels, and keeping that firmness I should be able to move the top buttocks down enough to get that grip and have the pelvis parallel, which maintain the lumbar curvature, but I have that taller lift at the back. You will feel a line along your central axis.

C If I overdo this buttock action, this is creating flatness in the lower back, then the thighs and knees are pushed forward.

SO, shift the weight back on the heels, keep the buttocks tucked in, lift up so that the abdomen does not feel pushed down.

• One row in Tadasana / next row: observing

What we are trying to observe there:

- the shift of weight and along with it, the involvement of the hips

(dullness in the hips will create this heavy sagging feel at the abdomen, because the lower back is also dull an short)

> **We have to shift back those hips involved: as the top buttocks descends the lower back will ascend and automatically, the frontal body, the organic body will ascend.**

/ If this is not involved properly, punch at the front will happen, and now all I can do is pull it in (!); you can see the pressure coming everywhere else > that hiding cannot be done for long.../

Plus: it is not a healthy way, because you restrict, pressurize and compress your organic body. And restrict the diaphragm, affecting your breath.

• When you shift back, you involve the hips and that lift gives more freedom to breathe. This firmness in the legs/hips will create some effort and as you feed that ability, you will feel lighter and much more normal.

Q: "INVOLVING THE HIPS" WHAT DOES IT MEAN?

The hip region, the buttock region is a strong muscle group, and often in standing poses, you may have heard about the tucking action : "tuck the buttocks in", but in Tadasana, particularly, we don't want the buttocks to grip towards the sacrum

A / correct

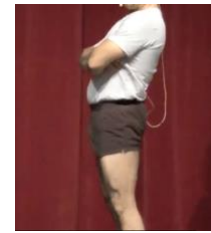
Spreading from the center to the side



A < - >



B > <



See: the feet tilt outwards and the buttocks are going in this position easily. This wrong grip we're always instructed to avoid. / B Wrong > That squeezing grip of the buttocks muscles make them contract and shorten and create tension in the lower back, resulting in back condition.

SO, we are often instructed to roll the heels out, move the back thighs inside out, buttocks separating, buttocks/thighs junction separating, where the wrinkle shape over there gets a little broader, visible? A / correct



A



C/



D/



So that width is important, but if it goes on too much, there is no more gripping/clenching, but the buttocks puff back, which is also wrong C/ // D correct alignment

It is important if you have this tendency to clench, to grip and shorten toward the sacrum. We have to unlearn that wrong habit, and for that the separation is necessary, and hence, as a beginner we will be constantly reminded of moving the heels out, outer edges of your feet parallel; these instructions wish to maintain that space. This could lead to a misconception: the buttock region should always remain soft and broad. We do not want rigidity and tensed muscles there. The big muscle group is there for some purpose, which is not just settle on some cushion. It is not the natural cushion for us. Because we sit on the sitting bones, and that you can clearly feel with your hands. As we sit, those bones are prominent, they lead that ability to grip, which be with the width – spreading from the center to the side. As this goes wider, it is back to the front grip, it is a sucky grip and that grip is different from the wrong one [towards the center]. That grip, if you observe, is gripping towards the front. [If I do the wrong grip, this is the grip it creates > sagging forward, misaligned].

All these instructions are often heard. Often, we don't process it, we don't combine it and observe as whole. Totality has to be brought in in these adjustments.

- Do, one row, the other observing...
- Change...

Have you had enough of observing each other buttocks? The buttock grip is clear now?

While this is a very important point we often misinterpreted and we do not really involve the hip region correctly. The question came about the hip. Hip is a joint – hip socket – we will work on it in a different way to bring the awareness there. The involvement of the buttocks is important. Is it clear?

Q: I have not understood where the grip takes place.

A: the answer is simple: grip is there in the buttock muscles, but it is difficult to bring the involvement if you're not used to. Theoretically, this is the muscle that you have to grip and this is

the direction. On an external level you will understand with the intelligence part but the muscles will take some time to build up memory. As we go further, you will get some movement.

So the next part... If you know how the pelvic girdle is, then there are the thigh bones that connect into the socket, the femur neck is slightly angular and this is how the femur head is fixed into the socket, and this is its ability to move. Those femur heads, the way we connect them to the center through a strong grip will determine the support we create at the base. The pelvic girdle at the base is formed by pelvic bones here and the pelvis has the sacrum fused into it. If the support is strong for the femur heads it creates a compact grip to support the sacrum (triangular shape). That compact grip allows you to lift tall from the sacrum: the lumbar can lift upwards.

Often there is looseness in the connect. Have you walked on a bouncy castle kind of surface? On that surface, you can stand somehow, it is just so shaky, but you can't stand your tallest over there. Because to stand tall you need something to press against, to push against. If that pressure is going to make you sink, we generally go with a slight bend. Similarly, if those femur heads are not connected properly, the trunk gets a little bit of shortening/ sinking effect, and any instruction from the teacher "lift up, raise up" is going to be brought up somewhere in the mid-back or upwards. If you are all loose and dull at the base, it is a partial involvement there.



To understand it a little better, what we can try to do is: make a loop of the belt and step into it and place it on the top shin there. You can observe, as you try to push against it – go for the outwards push on the belt – notice what is the feel at the hip socket. Shifting the weight on the heels, can you feel? If the belt is a little too wide, it is going to be a bit of a problem, so you may even have a shorter distance, tighten the loop a bit, and then as if you wanted to try to break that loop. Shifting the weight on the heels, try to exert that pressure on the loop. Then slightly widen the loop and take it to the mid-thighs, slightly up on the thighs there, and try to press against it. Do not take the feet too wide. Go on pushing against that belt. Stay on the heels. Then take a short break.

Could you feel the femur heads connected into the socket? So that resistance brings some intelligence of how the femur head connects into the socket. That is an action we should be aware of, without even the belt. We have to have that ability.

Once again, as we go for it, you shift the weight on the heels and as you try to break that belt, the part of the thighs which is in touch, in contact with the belt, find out if you can spread the back end of the belt from the center to the side. And as we spread the back, the front rolls inwards: it is a simultaneous action. As instruction, it will come one at a time: the teacher will be able to say about the back thigh, then the front thigh, or the other way round, but all these actions must happen simultaneously: the spreading at the back, rolling at the front, shift of the weight on the heels, feeling the femur head in the socket, and that firm connect allowing you to lift and feel the height at the base. Is that happening? If not, tighten the belt a little...

Unfortunately, I can only instruct and help you in that direction, it's your effort which is finally going to bring that awareness. The effort you're putting there is going to bring that understanding. It does take time. Awareness can take time to evolve, particularly if we are not working at all in that area.

If dullness is a dominant state, it takes time to just change. Let's release the belt and quickly, as we lose the belt, can we recreate that grip? ss if you still have the belt...



Is that Tadasana different than that it was before? Observe the corresponding changes you notice in your pelvic region, lower abdomen region. This is all crucial because it's so basic that we often overlook, neglect it. And in a regular class, cannot spend this much time in just setting you right in this way. As we have this opportunity of this long duration together, let's get this setting sorted out and understood which can help us observe and experience the further part in a completely different manner.

- ADHO MUKHA SVANASANA

If you feel you need it, take the belt. Otherwise, without the belt try to get that same action as we did in Tadasana. If you have that belt on the outer shin, or outer thigh and you exert pressure on that belt, notice how the femur head connects into the socket, observe what is the effort involved in that area and how it helps in the waist, in the lower back. Your heels can lift off the floor if needed. Can you feel the back of the thighs much broader now? Is that the case?

So with the length we learned to get the width as well, which is important. Walk forward. Come up. Recover, inhale, exhale...

So pushing outwards is one action, similarly one has to learn to grip inwards as well.

We have different muscles groups which support these actions; hitting outwards is going to work strongly and create a chain of actions. Along with that, we should have the ability to grip inwards.

Often you are given some support in between the thighs/ knees and asked to squeeze and grip there. That is also important. Because, as I push outwards, I am not having enough awareness on the inner edge, because of the strong effort here (outer edge). The awareness will take some time to build there. While that drop could be a result of dullness in this area (pelvic girdle), in order to bring a balance in the effort, the outer pressure is created up there (femur heads), you can use a brick or a rolled blanket between your thighs and try just to grip and lift it upwards.

Use that prop for a short while only to bring the awareness. And then just check how your legs respond. In particular just check that the inner thigh has rolling as well as lifting effect: it has to roll in while lifting up towards the groins. And as you do that, top buttocks down: as you roll in you will feel the width here. Are you able to notice it at the top buttocks? That width having a forward grip now. Wider and firmer.

In Iyengar yoga there is a lot to remember how the foot should be placed, all of that. It is the connection from the legs to the torso that is to be worked upon. Because the way this connection works is going to determine how the rest of the lower part, near the foot, is going to be affected, and also the upper part, which is the base of the spine.

So it's easy to understand [how to place the foot] inner, outer, instep... it's clear. But noticing its effect on the rest of the leg and up to the hip region / hip sockets, the buttock region, the pelvic girdle,

needs a little bit of awareness to evolve. It will happen, and whatever your own experience and abilities, you should be able to notice the changes within our capacities. It can begin "oh it's painful / difficult" and that could be the very first observation. Or on the other side "I'm not able to get the action in that area". I have often said that noticing that you are not able to create the correct action, that itself is important because you are reaching there and it is not responding. So you are demanding from there: that area is still not awakened but your demanding is going to make it work.

- AHO MUKHA SVANASANA

Now take your own time to get into AMS and repeat it in Tadasana as well. Change on your own. Bending the knees, lengthening the back thighs, along with the lengthening widening of the back thighs, observe its effect on the lower back. Can you notice the separation? The top buttock and the lower back? Where is the waist band (short, pants). Is the lower back pushing that waist band? Or is that lower back is able to broaden that waist?

- TADASANA

For observations to remain sharp we cannot allow ourselves to get exhausted. before that exhaustion sets in, see that you have the observations and come out the pose.

The base should feel strong and firm now. With that firmness, with that lift from the base, now raise your arms upwards in UH.



- URDHVA HASTASANA

Check the entire back edge, front edge, can you feel it evenly lifting up? Shift the weight on the heels. Width on the waist band at the back. Width over there while having a firm grip. Does it clear a wider feel for your lumbar back? Imagine there is a lettering written on your lower back and in this position you want the person behind to be able to read it. So minimize those wrinkles on your t-shirts at the back by lifting and widening. [arms back, pushing forward]

This is an effort where, when I am lifting, I am aware of the front but my back has shortened. So shifting the weight on the heels, working with legs, I should be able to lift and broaden the back. Is it better? You can read the hidden message? That width often goes missing.

It is important, if we go for standing poses, forward bends, twists, back-bends, anything... Having this ability to create that space is crucial.

- URDHVA HASTASANA

So, back involved, we are trying to observe that, let's proceed further.

From the upright standing position, having the feet slightly apart, now we will proceed to Utkatasana.

• UTKATASANA

Different wrong/...



> Correct



It has to be practiced because, often we don't involve the right areas in the right proportion there. We know that the knees are bent, the buttocks have to go down...

1/ Can you see what I have done: I just pushed the knees forward and I am leaning forward. As I bend you can see I am leaning forward. This is going to put a lot of pressure on the knees. The thighs are not feeling the effort. This area (pelvis/ buttock) is not involved at all, and hence, the back is just collapsing, dropping down. So what we will do is...

2/ As we bend the knees – it is not just the knees, it is the ankles, the knees, as well as the hips – everything as to fold together. So while the shin goes forward, the thighs have to learn to go back. As if my sitting bones are going back in search of a chair, a little further behind me... you can see the difference? My buttock is behind the line of the heels, having the weight shifted on the heels, shifting the weight back, the sitting bones lengthen as if they were going away from the back of the knees, resulting into alignment of the pelvis, where it tilts forward. * Here, we are not having the pelvis as flat as it was in Tadasana, because the angle changes.

So we shift the weight back, take the sitting bones behind, and that grip which we learnt at the buttock muscles has to enable us bring that lift in the trunk.

[That grip is not packing /tucking the pelvis here / common mistake]

Having the tucking grip, it's that firm support without disturbing the pelvic alignment : it's a grip from back to the front without disturbing the pelvis and that grip allows me to lift up tall.

[If I let loose that grip, is that sinking visible?]

Often there is a misinterpretation of that gripping action [obtained] by gripping the pelvis where the top buttocks go in this position [wrong extension 52]

• UTKATASANA Doer / Observer

Notice the shift of weight on your toes, on your heels... Intentionally, do that to notice the difference: try to slightly go forward, see how your front thighs closer to the knees feel the effort... As you shift the weight on the heels, take your sitting bones behind the line of your heels, as if you were trying to sit on a chair behind you. Feel that hip region involved. Feel that involvement in the lower back.

• Q1: regarding the posture of the lower back, we all have that lumbar curvature, we are not trying to nullify it, if I just go down this way (clinging wrong) you can see that the curvature of my back just disappears because of the buttock dropping down .

We have postures where we bend forward, Kurmasana, Bakasana, where the lower back should have this ability to lengthen. certain forward bends have that requirement where the spine extends from the base, where the lordosis disappears.

Here, we want the shape to change – the problem is it can go the other way round: knees bent buttock down, and some of us can even go beyond that. S that curvature has to be maintained,

along with the lift, maintaining that length in the inner thighs. Waist band wider, inner thighs longer, thighs roll. All of that as it works along with that grip back to the front: it's a squeezing grip which allows the trunk to lift up where you get the lift from the base. The arms will help further direct the upwards lift. The lift of the arms helps control the upper back, the neck and the head. In order to approach stepwise we just get the hands on the waist, and we learn the leg action, the waist action. Then we can include the arms again...



- UTKATASANA <> URDHVA HASTASANA

If you are not used to it, it should be a strong effort in the buttock region...

As we start to bend, the bottom ribs start to go down fast, and the lower back too. It is the upper back which is gripping and holding me up, while the lower back is dropping.

But if I shift the weight back, get that hip region involved, and I ascend from the base now it's the legs, the buttock region working, and dorsal/lumbar is not strained, it is firm and just helping to continue the effort.

Try again, go in and out. As you stand up see if you get the lift, the buttocks get this strong grip in Urdhva Hastasana, feel that alignment, and again, when you have that firm connect, further descend... again... come up with that firmness (in UH) and feel that lift at the front and at the back.

- ADHO MUKHA SVANASANA

Observe if there is any understanding you can bring in AMS. Can your legs, hips work to lengthen the trunk now?

- UTTHITA HASTA PADASANA



Slightly widening the legs, it may not be the complete Utthita Hasta Padasana distance. Remember the belt you had around your shins, with a slightly wider distance, having the heels well placed on the floor, can you again create that outward pressure there?

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You will decide what distance to start with, than with that width, adjust, shift the weight, than further go part and then readjust... towards Utthita Hasta Padasana.

As you spread, the front, the sides, the back, parallelely lifting upwards. the inner thigh lift should be there to provide an upwards lift to the torso and the spinal column.

Otherwise, the wider we go, the central region sinks and shortens.

So try to create that lift, and feel the height for the trunk. Just this. Even your hands on the waist.

Staying on the heels will prevent you from over-arching your lumbar.

The dorsolumbar region, where the lumbar meet the dorsal, those who can sense and feel that area observe if it is collapsing down? or are you able to lift it away from the lumbar? It is a subtle lift.

That lift is going to create lightness in the lumbar, softness in your abdomen.

Can you relate to that? Feet together, recover.

The reason I am giving you a break in between is that the idea is not to exert/exhaust you, because in that case, the sensitivity is lost. With that work you should be able to get the feel, the imprint of how you are adjusting and aligning there. And all that experience, all that alignment start to bring a different connect of the mind within the body there. You could not think of anything else, like in Utkatasana – if you feel dull you can try once again! That awareness when you align brings that balance in the effort. Even if "equanimity" has a deeper higher meaning [we'll get there eventually] at least can we try and find that balance in the effort that we put in. That needs a lot of observation, we need to focus with it. Otherwise we continue with the areas and which are able to participate, the weak/dormant/dull parts are always happy to last on their effort to some other parts, and we manage to do a lot, until something really breaks down and gives some problem. We manage to do a lot (better than doing nothing). Whatever we can do, we can be happy/proud about it, and when there is something we cannot do, we feel stuck and feel unhappy about it.

So, revisit your UTTHITA HASTA PADASANA and from there we're going to go in PHP

• PARSA HASTA PADASANA

Correct



Wrong



In UHP take your time to understand how you align, on your own you will take your R leg out, observe, then take the L leg out... Whenever you finish observing both sides, go back in Tadasana.

Focus on / be aware of the back edge. While you maintain the lift at the back edge, see that lift is not thanks to the shoulders: that the shoulders are not creating the illusion of the lift. It is the dorsolumbar region which has to bring the lift.

• TADASANA

As the leg turns out, obviously it brings in change. Until then both sides are doing the same effort, a symetric effort. Turning the leg out introduces asymetry. And as we proceed to standing poses, they are asymatric. Still finding the balance in these asymetric positions is important. It is bound to feel different on both sides. But unless the effort is evenly distributed, that balanced feel, that poise will always remain missing.

- PARSVA HASTA PADASANA

Showing – UHP: as soon as I turn my leg out, notice what the trunk does. While you're moving, obviously there will be change, as soon as the foot turns out, may be the thigh is not rolling enough, the buttock tends to go back, again the abdomen drops, and if I go from Trikonasana from here, it will get worse.

So, rectify before we go down: let's check as we turn the leg out, are we able to stamp the foot? the whole leg has to learn to roll outwards and that rolling has to create the grip in the buttock region. For this to happen, the back leg has to work. Unless I shift the weight on the back leg, I am not able to involve the hip inwards. If I lean on the front leg, that's where the position changes.

Showing from the back R side: see my back leg is leaning forward rolling inwards [66]. So stamping this foot, rolling this thigh outwards, that inner thigh lift that we have worked for, let's bring it here, so that is going to allow me to be in the center [67]. Then the torso has a taller lift, so this PHP itself can be worked upon and we can build the awareness there.

L side : stamping the foot lengthen the leg, inner thigh to outer thigh. [68]

- UTTHITA HASTA PADASANA

First shift the weight back. Try to get the feel one again. Firm on the outer heels, outer thighs, involve the hips to lift the trunk.

- PARSVA HASTA PADASANA / R side

The R buttocks tucked in while the L thigh (spinning out) creates space...

- UTTHITA HASTA PADASANA

Take that short time to re-align there. Get the weight distribution even on both sides.

- PARSVA HASTA PADASANA / L side

R inner thigh to outer thigh, the top thigh rolling outwards, L buttock tucked in, while that R thigh stays from inner side to the outer side, notice this helps to keep the pelvis aligned.

Because otherwise, tuck the buttock in is going to push the whole pelvis forward. Observe how the R leg helps the L leg.

- UTTANASANA feet apart



Just recover. See that you allow your back, your legs to recover.

- PARSVA HASTA PADASANA

Repetition helps us to relearn and make it easier, and see if our sensitivity gets a little further. PHP / showing from the side.

What is the big deal, if my buttocks slightly goes back? There are so many who can do Trikonasana in this way. And that's fine, it hasn't harmed us for this long. [every smoker/ drinker is not to end up with a problem] But it does increase the probability, slightly. The muscular/skeletal issue is one

thing, but if you see that alignment creating that space the benefits which we want to target for our organs, the organic body, cannot happen with a collapsed, shortened, squashed posture.

Wrong



Correct



As you get there, go for the outward rolling of the thigh, go for that firm back leg, and with the arms to the side, just try to feel the alignment where the whole trunk feels upright. [71]

The buttock tucked in, the trunk tall, and the front ribs not flaring up. See, the lift of the chest is (wrongly) shown with this action [72]

Check if that effort [to lift the chest] brings length at the front / at the back [73] and you feel align along that perpendicular plane [back & front parallel]. Just try to have that stable firm feel in that position. Pose is the same, hopefully it takes you deeper in observations.

Do both side on your own, at your own pace. [...]

• DANDASANA



Sitting in Dandasana, how do you feel? Good for some relief for the legs? Compare to the first attempt that we did in the beginning. Is there any difference in the back leg and the lower back now? Do you feel a little more upright? Do take height whatever is necessary. Are you more aware of your lower back involvement?

• JANU SIRSASANA Sitting only / R / L

With hands on the side, press the outer shin / thigh down, check if that hip can be involved once again to get the lift. If you need, use your hands to separate at the back of the knee, the thigh has to roll outwards, even the calf rolls outwards, feel the release in the (inner) thigh. Connect that leg effort to the hip to get the lift in the trunk. Both of the trunk tall.

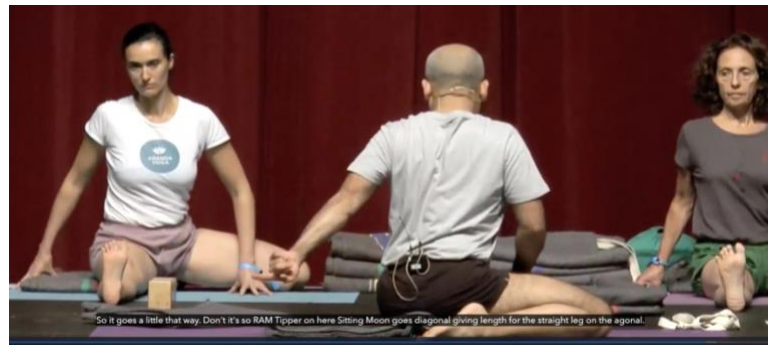
• JANU SIRSASANA id. / R / L

We are not going to the final pose straight away – as we did not go to Trikonasana yet in standing poses. Just bring that awareness in these finer intermediate adjustments. As we find the familiarity

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with these adjustments, we can attend the poses of course. Try to bring the understanding of how this bent leg, hips, trunk feel connected in that effort. Those of us who are easily able to just get the shin and the knee down, can you bring that involvement and feel that connected effort there?

- 1 LEG in VIRASANA sideways / 1 leg straight R / L



We are going to bend the leg but instead of Virasana we will take it sideways. [front The L leg is straight and you bend your R leg [back] you can a support for the straight leg and bring your R foot as close as possible [of the R buttock], the heel is still clear: you are not sitting on top of the heel: you are sitting on the floor. Release the calf, release the back thigh.

See that you pull the straight leg sitting bone diagonally behind. The sitting bone goes diagonal and gives length for the back of the straight leg, and the pelvis, which otherwise can still turn this way (out), can get alignment (with the leg, not with the R sitting bone, not like in Dandasana).

The bent leg back thigh, see that you have enough space, see how the thigh lengthens.

[Roll the top back thigh of the straight leg out too]

Notice how everything connects for the trunk ascends upwards in that connected involvement.

- 1 LEG in VIRASANA sideways / 1 leg straight R / L

Second attempt, just think of it just as bending of the knee. The knee bends of course but can you lengthen the thigh more, from the hip. The bent leg side can you extend it more? And pressing that bent leg shin, pressing the straight leg down, again, is there a lift possible there? Do we have a connect in these two different positions (of the legs) / two different actions there?

- SIMPLE CROSSING of the legs but not completely [towards SIDHASANA, but not going for it]



Go for a taller lift, then exhale and try to extend forward. It should give a soothing extension of your back. If you head is reaching the floor, fine, but that is not the aim. Don't force yourself, don't make that as a main action there. Observe the lower back and learn to release. Is there a soothing extension possible in the lower back, in the hips? Come up and change the crossing.

Sit tall, and gradually with the length on the lower back, extend.

- SETU BANDHA SARVANGASANA / Brick



Support the tailbone/sacrum region. Just stay there for a while. Lengthen the front thighs. Stay there, shoulders rolled back, chest open. Feel the length in the front thighs/ lower abdomen. To some the brick support might feel quite strong and intense, and for some it might not be enough... Whatever is the case, try to feel the length in the lower abdomen / front thighs. Feel the softness in the abdominal region.



Stay there with bent legs. Pressing the feet, lift the buttocks up, remove the brick, allow your back to rest on the floor. Once your back is even and resting on the floor, turn to the side, come up to sit.

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