

## WISDOMROOTS YOGA MONDAY JANUARY 24, 2011

### WARM-UPS REVIEW:

- 6 MOTIONS OF THE SPINE
- HIPS AND LOW BACK

### DOWNWARD DOG: ADHO MUKHA SVANASANA

THIS IS A FULL BODY STRETCH THAT WORKS ESPECIALLY ON LENGTHENING THE SPINE, THE BACKS OF THE LEGS AND STRENGTHENS THE ARMS, SHOULDERS, CORE.

- BUILD POSE FROM THE GROUND UP
- BEGIN IN TABLE POSITION
- HAND POSITION: FINGERS SPREAD, FULL HAND ON THE FLOOR TO CREATE SPACE IN THE HAND AND WRIST BONES
- TO ENTER THE POSE: LIFT KNEES OFF OF THE GROUND AND SWOOP HIPS UP AND BACK. KEEP THE KNEES BENT AT FIRST.
- LIFT THE TAILBONE TO ADD LENGTH

### HALF DOG/WALL DOG

HALF DOG CAN HELP LENGTHEN THE SPINE AND GET THE FEEL FOR A LONG, SWOOPING BACK. DUE TO THE ANGLE, THE HEART CAN MORE EASILY DROP THROUGH TOWARDS THE FLOOR AS THE SHOULDERS ARE DRAWN ONTO THE BACK BODY. IT IS A GREAT PLACE TO START AND A GREAT REMINDER OF HOW DOWNWARD DOG SHOULD FEEL. IT IS ALSO AN OPTION FOR THOSE WORKING WITH SHOULDER TENSION/INJURY.

### PARTNER WORK:

- PARTNER A ENTERS DOWNWARD DOG. PARTNER B USES A STRAP TO ASSIST THE HIPS IN THE SWOOPING UP AND BACK MOTION.
- STRAP IS IN THE HINGE OF HIPS PULLING UP AND BACK.
- LISTEN TO YOUR PARTNER. ASK IS THAT GOOD? MORE OR LESS? BE CLEAR ABOUT ENTERING THE ASSIST: ASK ARE YOU READY?
- ENTER THE ASSIST ON AN EXHALE. USE YOUR BODY WEIGHT RATHER THAN ARM STRENGTH.
- YOU CAN ALSO DO THIS AT HOME USING A STRAP WRAPPED AROUND A DOOR KNOB OR A PILLAR OR A TREE.