

Dynamic Yoga Method

Foundation Postures

Balāsana - Child Pose

Sit back on your heels, relax the feet with the toes pointing back. Keep the knees slightly apart and the feet together. Pivot your pelvis and bring your head to the floor with the head resting on the hairline. Extend the arms back by your sides and rest the back of your hands on the mat by your feet.

Roll the head very slightly towards the crown to extend the back of the neck. Extend the arms and hands back towards your feet to release the shoulders equally away from the ears. Release your buttocks equally towards your heels.

Relax as completely as possible. Soften the base of your tongue, soften your anus. Allow the spine to soften and lengthen between the two.

Allow each inhalation to open the back, sides and front of the ribcage, releasing the top of the spine, and each exhalation to sink the buttocks further towards the heels, releasing the base of the spine.



PRACTICE TIPS

If it is difficult to release forwards, try widening the knees and resting the head on the hands, forearms, or a block.

BENEFITS

- ☞ Teaches surrender, how to let go of fear.
- ☞ Shows how the breath releases the spine.

ASANA IS STEADY AND EASY, THE BODY RELEASING TENSION, EVERYTHING COMING TOGETHER.

Dynamic Yoga Method

Foundation Postures

Hasta Balasana - Child Pose Arms Extended

Start in Child Pose. As you exhale, extend the arms away from you and ground the four points of the palms equally, the base of the index finger, the base of the little finger, the inside palm and the outside palm. Keep the arms long and the hands shoulder width apart.

Extend the fingers equally out of your palms. As you ground the index finger base, roll the upper arm out away from the body, roll the inner shoulders in and broaden across the front of the ribcage, opening between the collar bones.

Balance this by broadening from the index finger base to the little finger base, roll the forearms in and broaden the back of the ribcage, between the shoulder blades.

Lengthen from the finger bases to the palms, open the elbows, lengthen the arms by releasing the shoulders and lengthen both sides of the trunk by releasing the hips towards the heels.

Keep your face and pelvic floor soft. Allow the sensations of broadening the finger bases and the ribcage to come together on each inhalation and of lengthening the hands, arms and trunk to come together on each exhalation.



BENEFITS

- ☞ Teaches how to broaden and lengthen the upper body using the hands, the arms and the breath.

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Foundation Postures

Chaturanga Dandasana - Stick Pose

Tuck the toes well under and bring the feet hip width apart. Ground the palms of the hands by the floating ribs with the wrists close to the ribcage.

Broaden across the balls of the feet, lengthen from the balls of the feet to the heels, lengthen the legs from the heels to the sitting bones, open the backs of the knees and allow them to lift from the mat.

Push back from the hands, extend further into the heels and lift the hips just clear of the mat. Move the elbows towards each other, releasing the shoulders away from the ears and lengthen the upper back.

Look down towards the mat. Keep the head in line with the spine, the back of the neck long. Lengthen the whole of the body from the crown of the head to the heels.

Keep your face and pelvic floor soft and relaxed. Keep the ribcage on the mat until it lifts easily. Keep the hips in line with the rest of the body.



PRACTICE TIPS

Try not to turn this into a push up. Focus on the feeling of lengthening instead.

BENEFITS

- ☞ Teaches how to lengthen the whole of the body.

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Satargasana - All Fours

Come to all fours with the toes tucked under and the feet hip width apart. Keep the knees under the hips, the hands under the shoulders.

Keep the pelvis level so the lumbar spine has its natural curve.

Extend the fingers equally away from the palms and ground the base of the index finger, the little finger, the inside and outside palm equally.

Roll the upper arm out away from the body, roll the inner shoulders in and broaden across the front of the ribcage, opening between the collar bones.

Balance this by broadening from the index finger base to the little finger base, roll the forearms in and broaden the back of the ribcage, between the shoulder blades.

Look down at the mat. Keep the head in line with the spine, the back of the neck long.

Keep your face and pelvic floor soft and relaxed.



BENEFITS

☞ Teaches how to open the ribcage with the spine relaxed.

PRACTICE TIP

Check the hands each time you come into the posture.

Ground the palms and spread the fingers equally apart with the middle finger facing forward.

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Foundation Postures

Adhomukasvanasana - Downward Dog

Start from all fours, the hands under the shoulders, the knees under the hips and the feet hip-width apart. Lift the hips and straighten the legs.

Broaden across the balls of the feet. Release the heels towards the floor allowing the feet and legs to lengthen as you open the backs of the knees. Lengthen the front and back ankles equally and lift the hip bones.

Ground the four points of the hands equally. Soften the neck and shoulders and look back towards your feet.

Roll the upper arms out, away from the body, and open the front of the ribcage. Resist this by rolling the forearms inwards to open the back of the ribcage.

Pivot the pelvis away from you and lengthen from the hands to the hips along both sides of the upper body.

Soften the face and pelvic floor muscles and reduce all unnecessary muscular effort to a minimum.



PRACTICE TIPS

When you are used to it, this pose becomes deeply releasing.

Try holding for longer but with less effort.

BENEFITS

- ☞ Teaches how to broaden and lengthen the whole body.
- ☞ Releases the spine.

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Foundation Postures

Satangullola

Move between these positions with the breath. Keep your face and pelvic floor soft. Use as little muscular effort as necessary. Allow breath and movement to coincide as exactly as possible.



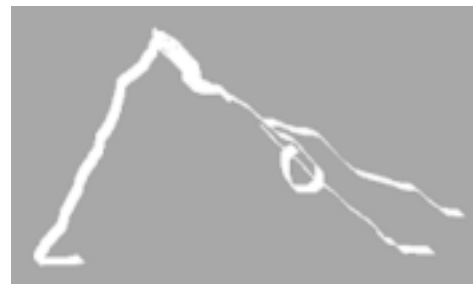
Exhale from Balasan



Inhale, come forward, exhale extend



Inhale



Exhale



Inhale



Exhale

BENEFITS

- ☞ Teaches how to move with the breath.
- ☞ Allows the body to warm and soften.

ULLOLA, A WAVE, AN EASY, FLOWING MOVEMENT.

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Foundation Postures

Malullola

Bring the finger tips to the mat. Relax the head and neck. Ground the heels, bending the legs if necessary.

As you inhale, bend the legs, pivot the pelvis, open the ribcage and extend the spine upwards. Look up but do not force the head back.

As you exhale, release the head and neck towards the mat, wing the elbows out and enquire into the possibility of straightening the legs.

Keep the four points of the soles of the feet equally grounded throughout the movement, ball of the big toe, ball of the little toe, inside heel and outside heel.



BENEFITS

- ☞ Teaches how to pivot the pelvis, ground, broaden and lengthen the feet.

ULLOLA, A WAVE, AN EASY, FLOWING MOVEMENT.

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Foundation Postures

Utkullola

Start from Taddasan, standing with the feet together, big toe joints and ankles touching.

Inhale, bend the legs, pivot the pelvis, open the ribcage and look up between the extended arms.

Exhale, return to standing.

On each inhalation, soften and broaden the balls of the feet. Extend the toes, apart from the big toe, gently away from the mat. Keep weight back on the heels so the four points of the feet stay equally grounded. At the same time, broaden across the finger bases and extend the fingers.

Allow all the sensations of broadening in the body to come together on each inhalation.

On each exhalation, soften the shoulders, allow the arms, hands and fingers to lengthen by the sides. Soften the buttocks, lift the hip bones, open the backs of the knees and allow the legs and feet to lengthen.

Allow all the sensations of lengthening in the body to come together. Keep the face and pelvic floor soft.

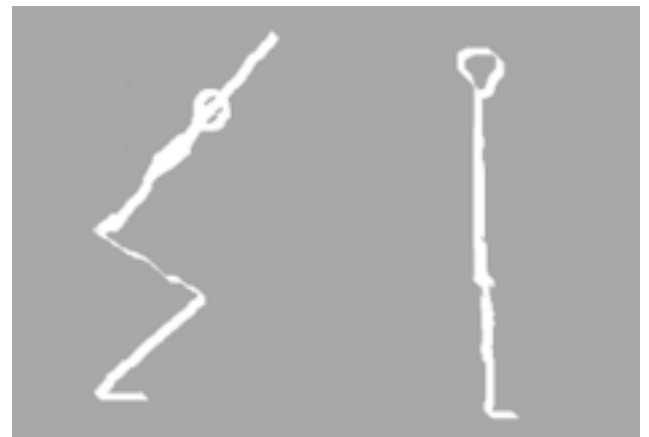
Allow the body to move freely, like a wave but precisely in time with the breath, so that the lungs are full exactly at the point of maximum extension and that the lungs are empty exactly as you release into Taddasan.

EVERY DAY PRACTICE

Do this at least five times, every morning, as soon as you get out of bed.

BENEFITS

- ☞ Teaches how to move freely with the breath.
- ☞ Shows how the sensations of broadening and lengthening come together.



ULLOLA, A WAVE, AN EASY, FLOWING MOVEMENT.

Dynamic Yoga Method

Foundation Postures

Tadasana - Mountain Pose

Stand with the feet together, big toe joints and ankles touching. Broaden from the ball of the big toes to the ball of the little toes. Lengthen the inner and outer edges of the feet equally. Ground the weight equally on the four points of the feet and between the feet.

Suck the thigh muscles gently into the bones. Open the knees, lift the hip bones, soften the buttocks and allow the legs to lengthen out of the grounded feet.

Allow the palms to face the thighs. Broaden the finger bases and extend the fingers equally. Soften and release the shoulders away from the ears, lengthen the arms.

Keep the back of the neck long, the chin tucked in slightly and the gaze level.

Keep the muscles of the face and pelvic floor soft and relaxed.

Allow each inhalation to open and lift the ribcage away from the pelvis and maintain this gentle lift while you exhale.

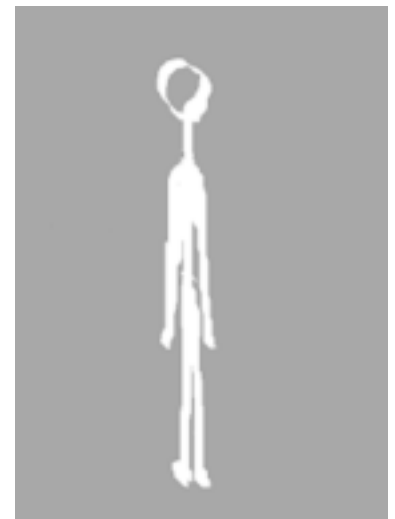
Let go of all unnecessary muscular activity as you release into stillness.

EVERY DAY PRACTICE

Stand like this, at least five times a day, for a moment or two, while you allow the bus to arrive or the kettle to boil.

BENEFITS

- ☞ Teaches how to release into stillness.
- ☞ Shows how asana needs a minimum of effort.



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Foundation Postures

Opening The Hands and the Eight Limbs of Yoga

“Atha yoga anusasanam -
Here begins the teaching of yoga”
Patanjali
Yoga Sutras (1.1)

Stand, relax your shoulders and allow your arms to hang loosely by your sides.

Open your hands as far as possible, with the fingers and thumbs extending right out of the palms. See how hard they feel.

Slowly relax the hands to the point where the palms are still broad, the fingers and thumbs extended but with as much softness you can contrive.

Now relax the hands completely for a moment. Then, open them slowly and as gently as possible and explore the feelings of broadening and lengthening the palms, extending the fingers and thumbs, with the minimum possible effort.

Focus on your hands but notice also any feelings in your arms, shoulders, chest, face, or elsewhere in your body. Let go, as much as possible, of any feeling of effort, wherever it occurs.

Notice how sensitive the hands are, how much you have to focus to keep them open but soft. Remember the phrase “to be open handed” and generously allow yourself to experience the sensations that occur as you honestly explore the tensions and releases in the hands and fingers.

This is the first of the eight limbs of yoga (asta anga in Sanskrit), the five Yamas; sensitivity, honesty, openness, generosity and focus. They are essential to every part of your practice.

Notice that you are, in fact, doing this, not being distracted by something else, but letting these sensations arise, with some intensity, exploring yourself and feeling what is happening right now.

This is the second of the eight limbs of yoga, the Niyamas; commitment, equanimity, passionate enquiry into the nature of the self and of reality, exactly as you are doing right now.

Notice how, as you soften the hands, they feel more comfortable, they extend more easily and, slowly, become less tense. Also that, though your focus is on the hands, the feelings in the hands begin to be reciprocated elsewhere in the body.

This is Asana, the third of the eight limbs of yoga. Comfort and release, letting go of tension, endlessly coming together.

Stay with the hands but just become aware of your breath. Let it run freely and softly. Notice, perhaps, how softening the breath helps to let go of tension in the hands and fingers.

This is Pranayama, breath awareness, the fourth of the eight limbs of yoga.

Perhaps you still hear the traffic outside, or register your visual surroundings but their importance becomes less as, just now, you focus internally.

This is Pratyahara, the withdrawal of the senses, the fifth of the eight limbs of yoga.

The remaining three limbs are dharana, dhyana and samadhi. They come together, without effort, as a result of practising the first five.

Dynamic Yoga Method

Foundation Postures

Hasta Tadasana

Stand with the feet hip width apart, the outside edges of the feet parallel. Engage the legs by sucking the thigh muscles gently into the bones.

Broaden from the ball of the big toe to the ball of the little toe and lengthen from the ball of the little toe down the outside edges of the feet to the outer heel allowing the inner arches of the feet to rise. Maintain this lift while you lengthen the inner edges of the feet from the ball of the big toes to the inner heel. Ground the weight equally on the four points of the feet and between the feet.

Lift the hip bones, soften the buttocks and allow the legs to lengthen out of the feet.

Place the index finger bases on the top front of the hip bones, broaden the finger bases and extend the fingers out away from the body. Keep the elbows in line with the hips to keep the back of the ribcage broad.

Soften the shoulders, keep the elbows moving away from each other but press in and down, lightly with the hands.

Keep the back of the neck long and the chin tucked in slightly. Gaze straight ahead.

Allow the activity of the hands and arms plus the inhalation of the breath to open the back, sides and front of the ribcage equally and lift it away from the spine.

Keep the shoulders, buttocks, upper abdomen, face and pelvic floor soft and relaxed. Breathe into the top of the ribcage.

Allow the ribcage to lift gently away from the pelvis even while you exhale with the feet equally grounded and the legs long.

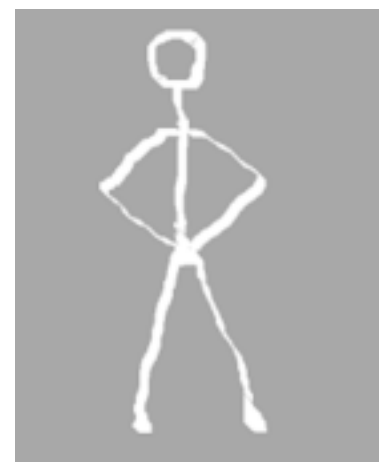
EVERY DAY PRACTICE

Notice how you stand. Bring the heels out so the outside edges of the feet are parallel.

Soften the buttocks, lift the hip bones and notice the effect on your spine

BENEFITS

- ☞ Teaches how to open the ribcage and lengthen the upper body.
- ☞ Shows how the hands, feet, legs and arms assist this lengthening.



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Foundation Postures

Uttanasana

Stand with the feet hip width apart, the outside edges of the feet parallel.

Reach down and take hold of the big toes with the first two fingers of each hand. If this is difficult, hold the backs of the shins instead. Keep the hands and forearms relaxed, the palms pointing towards you. Soften the shoulders and keep the elbows winging out. Avoid pulling with the hands and arms.

Ground the four points of the feet equally. Keep the balls of the feet and the front of the knees soft, the legs may be bent initially. Gently open the backs of the knees and encourage the legs to straighten. At the same time release the head and neck completely towards the mat. Release all tension from the upper body, in particular the upper abdomen around the solar plexus.

Keep the face and pelvic floor soft and relaxed. Keep the elbows moving away from each other as you open the back, sides and front of the ribcage equally. Extend the ribcage away from the pelvis as you lengthen the upper body towards the mat at the same time lengthening the legs out of the grounded feet.



EVERY DAY PRACTICE

Do this for a few minutes every morning, as soon as you get up or, during the day, if you feel tired or tense.

Get used to releasing tension this way.

BENEFITS

- ☞ Teaches the connection between the balls of the feet, the front of the knees and the solar plexus.
- ☞ Shows how the legs and torso lengthen together.

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Dynamic Yoga Method

Foundation Postures

Hasta Trikonasana -Hand Hip Triangle Pose

Stand with the legs wide, the feet, roughly, underneath the wrists and the outside edges of the feet parallel.

Ground, broaden and lengthen the feet. Engage the legs by sucking the thigh muscles gently into the bones. Lift the hip bones. Soften the buttocks.

Broaden from the ball of the big toe to the ball of the little toe and lengthen from the ball of the little toe down the outside edges of the feet to the outer heel allowing the inner arches of the feet to rise. Maintain this lift while you lengthen the inner edges of the feet from the ball of the big toes to the inner heel.

Allow the activity of the feet and legs to open the back and front of the pelvic floor equally.

Soften the shoulders, broaden the finger bases and extend the fingers slightly towards the ceiling. Allow the arms to lengthen equally out of the shoulders.

Keep the face and pelvic floor soft and relaxed as you open the back, sides and front of the ribcage equally and, softening the upper abdomen, lift the ribcage continually away from the pelvis.

Gaze straight head. Allow the whole body to release.

PRACTICE TIPS

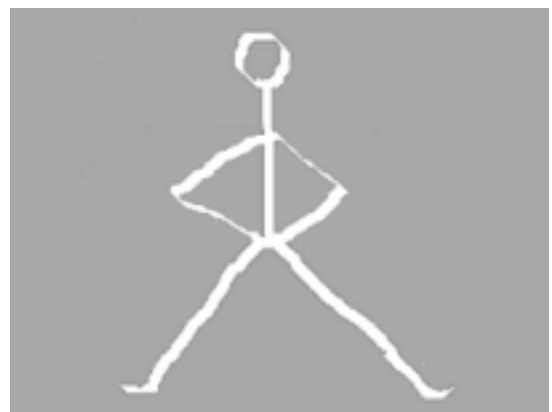
Alternate between this and Trikonasana, returning here if Trikonasana becomes too intense.

Try to keep the clear focus of Trikonasana even with the hands on the hips.

Try to bring the softness of this posture into Trikonasana.

BENEFITS

- ☞ Preparation for Trikonasana.
- ☞ Teaches the whole body to open and release as one.
- ☞ A powerful mechanism for developing internal awareness.



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Foundation Postures

Trikonasana -Triangle Pose

Stand with the legs wide, the feet, roughly, underneath the wrists and the outside edges of the feet parallel.

Ground, broaden and lengthen the feet. Engage the legs by sucking the thigh muscles gently into the bones. Lift the hip bones. Soften the buttocks.

Broaden from the ball of the big toe to the ball of the little toe and lengthen from the ball of the little toe down the outside edges of the feet to the outer heel allowing the inner arches of the feet to rise. Maintain this lift while you lengthen the inner edges of the feet from the ball of the big toes to the inner heel.

Allow the activity of the feet and legs to open the back and front of the pelvic floor equally.

Soften the shoulders, broaden the finger bases and extend the fingers slightly towards the ceiling. Allow the arms to lengthen equally out of the shoulders.

Keep the face and pelvic floor soft and relaxed as you open the back, sides and front of the ribcage equally and, softening the upper abdomen, lift the ribcage continually away from the pelvis.

Gaze straight head. Allow the whole body to release.

PRACTICE TIPS

Focus is typically on tension in the shoulders. There are many ways to release this.

For example. Try softening and broadening:

- the hands
- the buttocks
- the back of the pelvic floor
- the balls of the feet
- the tongue

Explore. Discover your own connections.

BENEFITS

- ☞ One of the most fruitful poses.
- ☞ Teaches the whole body to open and release as one.
- ☞ A powerful mechanism for developing internal awareness.



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Foundation Postures

Paddotanullola

Start from Trikonasan.

Bend the legs, pivot the pelvis, reach down and place the tips of the fingers on the mat underneath the shoulders.

As you inhale, open the ribcage and look up.

As you exhale, straighten the legs, wing the elbows out and release the head and neck towards the mat.

On each inhalation, bend the legs, pivot the pelvis, encourage the lumbar spine to curve and the whole of the spine to extend from the sacrum to the crown of the head. Keep the back of the neck long. Avoid forcing the head up.

As you exhale, open the backs of the knees, release the head and neck completely towards the mat. Wing the elbows out to keep the back of the ribcage open.

Keep the face and pelvic floor soft and relaxed.

Stay on the fingertips throughout to keep the arms long and the ribcage open. Move exactly with the breath.



PRACTICE TIPS

On the inhalation, bend the legs just enough to ground the outer heels, open the back of the pelvic floor and release the base of the spine.

Try to keep these sensations as you exhale and release the whole of the upper body.

BENEFITS

- ☞ Teaches how to broaden the heels, the back of the pelvic floor and release the base of the spine.
- ☞ Shows how the grounding of the feet releases the upper body.

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Foundation Postures

Paddotanasan 1 - Intense Leg Stretch

Start from Trikonasan.

On an exhalation, pivot the pelvis, reach down and place the palms of the hands flat on the floor. Keep the fingers facing forwards. Move the hands back until either the fingertips come in line with the toes or the palms start to lift off the mat.

Ground, broaden and lengthen the feet. Keep the legs active by sucking the thigh muscles gently into the bones. Keep the upper arms rolling out, the ribcage open and broad, the head and neck soft and relaxed. Allow the upper body to release, the ribcage to move away from the pelvis and the whole of the spine to lengthen.

As you extend from the ball of the big toe to the ball of the little toe and down the outside edge of the foot, allow the inner arches of the feet to lift. Soften the balls of the feet, the fronts of the knees and the upper abdomen as you broaden the front of the pelvic floor and release the upper spine.

Maintain this as you extend from the ball of the big toe, down the inner edge of the foot to the inner heel and across to the outer heel. Open the backs of the knees, separate the sitting bones, broaden the back of the pelvic floor and allow the base of the spine to release.



PRACTICE TIPS

Weight tends to come off the outside heels. Try bending the legs, re-ground the outside heels, and then carefully straighten the legs with the heels fully grounded.

BENEFITS

- ☞ An intense stretch for the legs.
- ☞ Teaches the connection between the feet and the pelvic floor and between lengthening the legs and extending the spine.

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Foundation Postures

Paddotanasan 2 - Intense Leg Stretch

Start from Trikonasan. Place the hands on the hips. Inhale, activate the hands and arms, open and lift the ribcage away from the pelvis.

On an exhalation, pivot the pelvis, release the head and neck towards the mat. Relax the head and neck completely. Maintain the activity of the hands and arms. Lengthen both sides of the upper body from hipbone to armpit as you open and lift the ribcage away from the pelvis.

Ground, broaden and lengthen the feet. Keep the legs active by sucking the thigh muscles gently into the bones. Keep the upper arms rolling out, the ribcage open and broad, the head and neck soft and relaxed. Allow the upper body to release, the ribcage to move away from the pelvis and the whole of the spine to lengthen.

As you extend from the ball of the big toe to the ball of the little toe and down the outside edge of the foot, allow the inner arches of the feet to lift. Soften the balls of the feet, the fronts of the knees and the upper abdomen as you broaden the front of the pelvic floor and release the upper spine.

Maintain this as you extend from the ball of the big toe, down the inner edge of the foot to the inner heel and across to the outer heel. Open the backs of the knees, separate the sitting bones, broaden the back of the pelvic floor and allow the base of the spine to release.



BENEFITS

- ☞ An intense stretch for the legs.
- ☞ Teaches the connection between the feet and the pelvic floor and between lengthening the legs and extending the spine.

PRACTICE TIP

Keep the chin tucked in, the back of the neck long and relax the solar plexus as you encourage the whole spine to lengthen from the tip of the tailbone to the crown of the head.

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Foundation Postures

Paddotanasan 3 - Intense Leg Stretch

Start from Trikonasan. Clasp the hands behind the back. As you inhale, lengthen into the arms. As you exhale, pivot the pelvis, extend the head and neck towards the mat and the hands and arms up, over the back.

Ground, broaden and lengthen the feet. Keep the legs active by sucking the thigh muscles gently into the bones. Keep the ribcage open and broad, the head, neck and shoulders soft and relaxed. Inhale into the top of the ribcage and, as you exhale, lengthen into the arms, allow the upper body to release, the ribcage to move away from the pelvis and the whole of the spine to lengthen.

As you extend from the ball of the big toe to the ball of the little toe and down the outside edge of the foot, allow the inner arches of the feet to lift. Soften the balls of the feet, the fronts of the knees and the upper abdomen as you broaden the front of the pelvic floor and release the upper spine.

Maintain this as you extend from the ball of the big toe, down the inner edge of the foot to the inner heel and across to the outer heel. Open the backs of the knees, separate the sitting bones, broaden the back of the pelvic floor and allow the base of the spine to release.



PRACTICE TIP

Encourage the hands and arms to feel weightless as you soften the shoulders and lengthen the arms.

BENEFITS

- ☞ An intense stretch for the legs.
- ☞ Teaches the connection between the feet and the pelvic floor and between lengthening the legs and extending the spine.

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Foundation Postures

Utkatasana - Fierce Pose

Ground, broaden and lengthen the feet.

On an inhalation, bend the legs, pivot the pelvis and look up between the extended arms. Hold for as long as possible.

Keep the hands open, broad and alive.

Soften and broaden the balls of the feet. Lengthen the feet from the balls to the heels as you ground the heels and sink the hips towards the floor.

Allow the ribcage to lift continually away from the pelvis as you soften the shoulders and lengthen the arms, the hands and both sides of the upper body.

Keep the face and pelvis floor soft.

Smile inwardly! Relax!



PRACTICE TIP

Soften and lengthen your feet, release weight into the heels as you release the buttocks further towards the floor.

Resistance is all in the mind.

BENEFITS

- ☞ Teaches surrender, how to let go of fear.
- ☞ An education for the spine.

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Foundation Postures

Soft Core

Sit with the legs extended. Bend the right leg and bring the foot under the left knee. Bend the left leg and bring the foot under the right knee so the shins are parallel and away from the pubic bone. Part the buttock flesh and bring the sitting bones away from the legs. Ground the weight equally between the sitting bones and the outside edges of the feet.

Pivot the pelvis to release the base of the spine.

Release the arms and the whole of the upper body forward. Rest the entire weight of the head on the mat or onto a firm support. Failing blocks, use books covered with a blanket.

Allow the neck, throat and facial muscles to relax completely. Soften the tongue and the anus. Relax all the muscles of the pelvic floor. Allow the brain and spine to soften and release.

Focus on the softness in the whole core of the body and use this softness to release tension in the hips.

As the hips release, allow the pelvis to pivot forwards and release the upper body forwards.



PRACTICE

Look for this, core softness at the heart of every posture.

A key to asana is the release of tension from the softness of your core.

BENEFITS

- ☞ Teaches surrender, the art of letting go, essential to every asana.

ASANA IS STEADY AND EASY, THE BODY RELEASING TENSION, EVERYTHING COMING TOGETHER.

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Dynamic Yoga Method

Foundation Postures

Sukkhasan - Easy Sitting Pose

Sit with the legs extended. Bend the right leg and bring the foot under the left knee. Bend the left leg and bring the foot under the right knee so the shins are parallel and away from the pubic bone. Part the buttock flesh and bring the sitting bones away from the legs. Ground the weight equally between the sitting bones and the outside edges of the feet.

Pivot the pelvis to release the base of the spine.

Rest the forearms on the knees and activate the hands by broadening across the finger bases, extending the fingers equally out of the palms and lengthening from the finger bases to the palms.

Release the shoulders, open the elbows and lengthen the arms. Roll the upper arms out, away from the body, to open the front of the ribcage and balance this by rolling the forearms slightly inwards to open the back of the ribcage. Allow the activity of the hands and arms and the inhalation of the breath to open and lift the ribcage continually away from the pelvis.

Keep the face and pelvic floor soft and release all unnecessary muscular activity.



BENEFITS

- ☞ Teaches how to ground the foundation and extend the spine by lifting and opening the ribcage with the hands and arms.

PRACTICE TIPS

Try to keep the pelvis pivoting forward and weight forward on the sitting bones so the lumbar spine is not slouching.

Keep the hands open and alive to encourage the ribcage to open and lift.

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Dynamic Yoga Method

Foundation Postures

Extending the head and neck

Sit in Sukkasana. Extend the arms behind you and ground the hands about a foot behind you and at least hip width apart.

Lengthen the arms, soften the shoulders and release them away from the ears.

Pivot the pelvis. Open the front and back of the ribcage equally and allow it to lift away from the pelvis.

Keep the neck soft, the chin slightly tucked in as you allow the back of the neck to extend in line with the spine.

Avoid forcing the head back and keep the back of the neck long as you extend the whole of the spine from the sacrum to the crown of the head.

PRACTICE TIPS

Don't let the head go back too far. Focus on lengthening the neck into a point just below the ears.



BENEFITS

- ☞ Teaches how to extend the spine with the head and neck in line.

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Dynamic Yoga Method

Foundation Postures

Sukha Vinyasa - Easy Flowing Movement

On an inhalation, from Sukhasan, place the finger tips behind the buttocks, fingers facing forward, at least hip width apart.

On an exhalation, soften the shoulders, lengthen the arms and ground the palms on the mat.

Inhale, roll the spine all the way from the sacrum to the crown of the head. Avoid forcing the head back and keep the chin slightly tucked in to allow the spine to extend through the neck to the crown of the head.

Exhale, open the shoulders and extend the whole of the spine.

Inhale, leading with the crown of the head, come back to sitting, replace the arms on the knees.

Exhale, activate the hands and lengthen the arms.

PRACTICE TIPS

Don't rush this. Try to let the whole spine extend luxuriously.



BENEFITS

- ☞ Keeps the body warm, free and flexible.
- ☞ Releases the spine.

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Dynamic Yoga Method

Foundation Postures

Ardha Dandasan - Sitting Legs Extended

Extend the legs with the balls of the big toes touching and the centre of the heels grounded so the heels may not touch but the toes point towards the ceiling. Part the buttock flesh and separate the sitting bones.

Broaden across the balls of the feet so the ball of the big toe is equally extended as the ball of the little toe and lengthen the feet by extending through the front and back ankle equally. Lengthen the legs equally down the inside and outside of the legs from the heel to the sitting bone.

Open the back of the knees but keep the heels grounded. Avoid forcing the back of the knees to the floor by softening the front of the knees and allow the knees to open equally, front, back inside and outside. Allow the activity of the feet and the legs to pivot the pelvis slightly forward and free the base of the spine.

Place the hands behind you, at least hip width apart, fingers facing forward. Soften the shoulders, release them away from the ears, tuck the chin in slightly and extend through the back of the neck to the crown of the head.

Lengthen the arms out of the shoulders. Ground the four points of the palms equally. Roll the upper arms out and away from the body opening the front of the ribcage and resist that with the inward rotation of the forearm, opening the back of the ribcage.

Allow the activity of the hands and the arms, together with the inhalation, to open the back, sides and front of the ribcage equally and lift it away from the pelvis.

PRACTICE TIPS

This is a good place to learn about the front of the knees which are typically hard, tense and difficult to access.

Try softening the balls of the feet while softening the knees. Then, lengthen from the balls of the feet to the heels while opening the backs of the knees

BENEFITS

- ☞ Teaches how to lengthen the legs and release the base of the spine from the feet.
- ☞ Shows how to open and lift the ribcage from the hands and arms.



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Dynamic Yoga Method

Foundation Postures

Pascimullola

Sit with the legs bent.

On an exhalation, with the legs bent, roll over onto your shoulders.

Keeping the legs bent, inhale back to sitting.

As you exhale, extend gently forwards over the straightened legs, keeping the knees soft.

Inhale back to sitting.

Keep the whole body loose. Move freely with the breath. Allow the neck and shoulders to relax.

PRACTICE TIPS

This is fun. Try it with your partner or with a child.

Especially if you are in the middle of an argument.



BENEFITS

- ☞ Massages and releases the whole spine, especially the shoulders and neck.
- ☞ Shows how to begin releasing the body forward over the legs with minimal tension.

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Dynamic Yoga Method

Foundation Postures

Urdhvakonasan - Wide Legs

Sit with the legs wide apart. Ground the centre of the heels on the mat so the toes point up at the ceiling. Broaden across the balls of the feet so the ball of the big toe is equally extended as the ball of the little toe and lengthen the feet by extending through the front and back ankle equally.

Lengthen the legs equally down the inside and outside of the legs from the heel to the sitting bone. Open the back of the knees but keep the heels grounded.

Avoid forcing the back of the knees to the floor by softening the front of the knees and allow the knees to open equally, front, back inside and outside. Allow the activity of the feet and the legs to pivot the pelvis slightly forward and free the base of the spine.

Place the hands behind you, underneath the buttocks, fingers facing forward. Soften the shoulders, release them away from the ears, tuck the chin in slightly and extend through the back of the neck to the crown of the head.

Lengthen the arms out of the shoulders. Ground the four points of the palms equally. Roll the upper arms out and away from the body opening the front of the ribcage and resist that with the inward rotation of the forearm, opening the back of the ribcage.

Allow the activity of the hands and the arms, together with the inhalation, to open the back, sides and front of the ribcage equally and lift it away from the pelvis.

Keep the face and pelvic floor soft and relaxed.

PRACTICE TIPS

Keep the centre of the heels grounded and the toes pointed towards the ceiling to ensure you are lengthening the inner and outer legs equally.

Open and lift the ribcage by broadening and extending the balls of the feet

BENEFITS

- ☞ Teaches how to lengthen the legs from the feet and the upper body with the arms and ribcage.
- ☞ Helps lengthen and free the spine.



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Foundation Postures

Pascimottanasana - Forward Extension

Sit with the legs extended. Bring the feet together so the big toe joints are touching. Ground the centre of the heels on the mat so the toes point up at the ceiling. The heels may be slightly apart.

Broaden across the balls of the feet so the ball of the big toe is equally extended as the ball of the little toe and lengthen the feet by extending through the front and back ankle equally.

Lengthen the legs equally down the inside and outside of the legs from the heel to the sitting bone. Keep the heels grounded. Avoid forcing the back of the knees to the floor by softening the front of the knees and allow the knees to open equally, front, back inside and outside.

Allow the activity of the feet and the legs to pivot the pelvis slightly forward and free the base of the spine. Lengthen from the hipbones to the armpits as you lengthen the feet and the legs.

On an exhalation, slide the hands down the legs. As you inhale, wing the elbows out, pivot the pelvis further and extend the whole of the spine. As you exhale, release the head and neck completely towards the extended legs.

Keep face and pelvic floor soft, elbows winging out, ribcage broad. Avoid gripping with the hands.



PRACTICE TIPS

Keep extending the balls of the feet and lengthening the feet but with the front of the knees soft.

Focus on releasing the upper body rather than reaching forward with the hands.

BENEFITS

- ☞ Teaches deep release.
- ☞ Shows how to broaden and lengthen the upper body passively, through the activity of the feet and legs.

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Dynamic Yoga Method

Foundation Postures

Purvottanasan

Ground the hands eight to twelve inches behind you with the finger facing in. Activate the feet and legs strongly. Lift the hips, extend the soles of the feet towards the mat, release the shoulders and the head back gently.

PRACTICE TIPS

Avoid forcing the head back. Keep the chin very slightly tucked in until the shoulders release completely.



BENEFITS

☞ Counterpose to pascimottanasan.

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Foundation Postures

Merudandasana - Wide Straight Leg Balance

Sit with the legs bent. Take hold of the big toes with the first two fingers and thumb.

Stay forward on the sitting bones. Open and lift the ribcage. Lift the feet off the floor. Maintain your balance, straighten your legs and bring them wide.

Keep the shoulders soft and released, the arms long, tuck the chin in slightly and extend through the back of the neck to the crown of the head.

Keep the weight forward on the sitting bones. Extend into the balls of the feet and the crown of the head.

Keep the face and pelvic floor soft and relaxed.



BENEFITS

- ☞ Teaches how to balance by effectively activating the bandhas.
- ☞ Shows the relation between lengthening the legs and the upper body.

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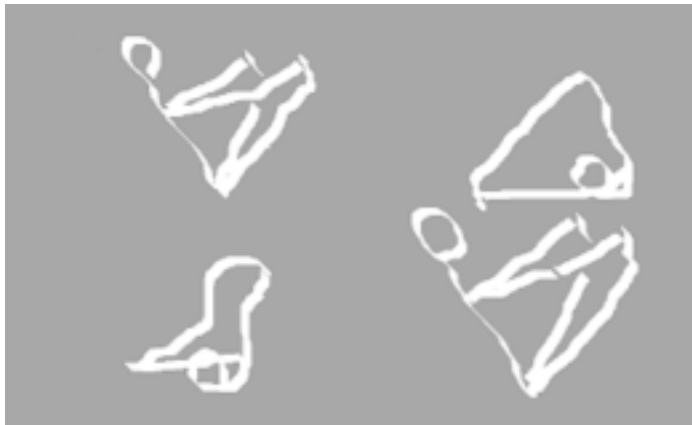
Foundation Postures

Merudanullola - Balancing Ullola

On an exhalation, roll over from Merudandasan with the legs bent. Extend from the sitting bones to the heels. Then, on an inhalation, again with the legs bent, roll back over straight to your point of balance.

PRACTICE TIPS

Be bold but relaxed.



BENEFITS

☞ Teaches confidence, balance, poise.

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Foundation Postures

Sukha Navasana - Easy Boat Posture

Sit with the legs bent. Take hold of the wrists underneath the knees. Come forward on the sitting bones. Wing the elbows out, open and lift the ribcage. Lift the feet off the floor.

Find and maintain a point of balance here, forward on the sitting bones, thighs close to the chest, feet just off the floor, ribcage open and lifted, elbows winging out.

Keep this point of balance as you, first lift the feet, then soften the shoulders and lengthen the arms.

Broaden the balls of the feet and extend into the feet as you open the ribcage and lift the upper body into the crown of the head.

Lengthen the arms, the feet and legs and the upper body together.

Keep your face and pelvic floor soft and relaxed. Release from your point of balance.



PRACTICE TIPS

Keep the thighs close to the ribcage, initially, focus on the lift in balls of the feet and the ribcage.

Then keep your weight forward on the sitting bones as you start to lengthen.

BENEFITS

- ☞ Teaches how to release from balance by effectively activating the bandhas.
- ☞ Shows the relation between lengthening the legs and the upper body.
- ☞ Teaches how to open the ribcage from the feet.

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Foundation Postures

Arhda Salabasan

Lie on your front with the legs extended, toes pointing away from you and the big toe joints touching. Extend the arms by the sides with the palms grounded equally by the hips. Lengthen into the arms, releasing the shoulders away from the ears. Keep the back of the neck long and rest the head on the hairline.

Ground the top of the feet so the weight is even between the top of the little toe and the top of the big toe. Resist this by lengthening down the inner edges of the feet, encouraging the heels to move together. Broaden across the balls of the feet and lengthen the legs out of the pelvis, open the back of the knees and allow the knees to lift off the mat.

Press down with the palms, lengthen into the arms, release the shoulders away from the ears and allow the ribcage to open and extend the whole of the spine from the sacrum to the crown of the head. Allow the front of the ribcage to lift but keep the floating ribs and pelvic bone grounded.

Lengthen from the crown of the head to the balls of the feet. Allow the feet to lift slightly off the mat. Roll the feet continually towards the little toes to allow the buttocks to remain soft so the base of the spine can release.

Soften the root of the tongue and the anus. Maintain the pose with as little muscular effort as possible.



PRACTICE TIPS

Focus on broadening and softening the balls of the feet rather than lifting them.

Lengthening the arms helps the feeling of lengthening the whole body.

BENEFITS

- ☞ Teaches how to let go release the lumbar spine.
- ☞ Strengthens the back and the deep muscles of the abdomen.

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Dynamic Yoga Method

Foundation Postures

Simple Twist

Lie on your back with the legs bent, feet and knees together and the soles of the feet on the floor. Extend your arms at right angles away from you. On an exhalation release the knees onto the mat to your right.

Soften the pelvis floor, the hips and, in particular, the left buttock. Allow the left knee to release toward the right knee and the base of the spine to release. Soften the shoulders and release the head to turn gently towards the extended left arm.

Allow the spine to uncurl as passively as possible through the weight of the hips moving in one direction and the shoulder girdle moving in the other. Maintain your awareness on the softness of your tongue and your anus and allow the spine to soften and release as a result of the focused clarity of your awareness.

On an inhalation, unwind to centre and repeat on the other side.



PRACTICE TIPS

Twists like this are used before and after backbends to release tension from the spine.

Allow no aggression in turning the hips or the head.

BENEFITS

- ☞ Allows the back to relax, the spine to release.
- ☞ Helps to internalise awareness.

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Dynamic Yoga Method

Foundation Postures

Bujadanullola

Lie on your back with your legs bent. Ground the soles of the feet close to the buttocks, hip width apart, with their outside edges parallel. Keep the ankles, knees and hips in line.

Extend the arms by the sides and ground the palms by the hips. Lengthen into the arms to keep the shoulders moving away from the ears. Keep the neck relaxed and long. Gaze toward your heart.

On an inhalation lift the hips into the air and on an exhalation release them to the floor. Lead with the pubic bone and lift as high as possible but keep the buttocks soft by grounding the inner edges of the feet and keeping the knees in line with the ankles and hips.

On each inhalation, release the shoulders, lengthen the arms and encourage more weight onto the backs of the arms and the shoulders so that all of the vertebrae lift away from the mat.

Encourage a wave like movement to travel up and down the spine with each breath.

PRACTICE TIPS

Lift the hips with the legs out of the grounded feet.

Keep your neck soft and allow your heart to open as the upper spine lifts away from the mat.



BENEFITS

- ☞ Teaches how to free the thoracic spine by lifting between the shoulder blades and the lumbar spine by softening the buttocks.
- ☞ Opens the heart.

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Dynamic Yoga Method

Foundation Postures

Pelvic Pivot

Lie on your back, feet close to the pelvis and hip width apart, the outside edges of the feet parallel. Keep the knees in line with the hips and feet.

Extend your arms over your head. Soften your shoulders. Keep the back of the neck long. Gaze towards your heart.

Keep the hips on the mat throughout.

On the inhalation, pivot the pelvis away from you and increase the curve of the lumbar spine.

On the exhalation, pivot the pelvis towards you and flatten the lumbar spine, grounding the sacrum on the mat.

Keep the face and pelvic floor soft and relaxed. Move with the breath.

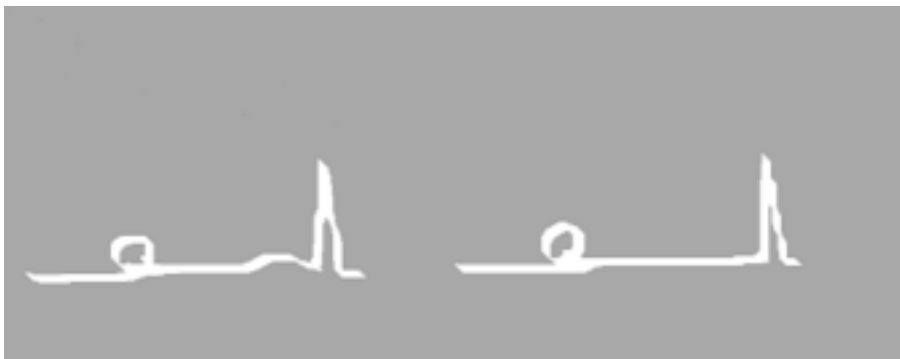
Keep the upper abdomen, around the solar plexus, soft and, as you inhale, allow the distance between the pubic bone and sternum to increase, the top of the ribcage to open and the whole spine to lengthen.

As you exhale, allow the pubic abdomen to flatten slightly.

PRACTICE TIPS

Focus on softening the pelvic floor and sensations in the base of the abdomen as you exhale.

Focus on softening the face, shoulders and neck and opening the top of the ribcage as you inhale.



BENEFITS

- ☞ Teaches how to lengthen and free the spine by pivoting the pelvis.
- ☞ Preparation for bandha practice.

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Dynamic Yoga Method

Foundation Postures

Ardhapindasan

With legs bent roll over onto your shoulders. Release the knees to the forehead and the heels to the buttocks.

Relax the neck, soften the shoulders and support the back with the palms of the hands. Bring the elbows as close together as possible and move the hands down the back towards the shoulder blades. Use the hands to support and lift the thoracic spine and neck free of the mat. Lift the hips and lengthen both sides of the upper body from hips to armpits.

Release as deeply as possible into the pose with the face and pelvic floor completely soft. Gaze at your heart.

PRACTICE TIPS

Keep the elbows moving towards each other to release the shoulders away from the ears and lengthen the neck.



BENEFITS

- ☞ Internalises the awareness.
- ☞ Preparation for shoulder stand.

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Dynamic Yoga Method

Foundation Postures

Ardhasarvangasan

Start from Ardhapindasan. Keep thighs close to chest, feet close to buttocks as you pivot the pelvis away from you and drop the hipbones into the palms. When the backbend is clearly established extend the legs and bring the balls of the feet in line with the forehead.

Broaden and lift the balls of the feet. Lengthen from the balls of the feet to the heels and from the heels to the sitting bones. As you pivot the pelvis into the hands, roll the buttock flesh away from you and lengthen the lumbar spine with the pelvic floor soft and broad.

Keep face, neck and throat relaxed. Lengthen the upper arms and move the shoulders away from the ears. Open the back, sides and front of the ribcage and lengthen the thoracic spine and neck. Lift the whole spine away from the mat as you bring more weight onto the shoulders and the back of the upper arms.

Soften the upper abdomen, allow the solar plexus and floating ribs to suck in as you lengthen from the pubic bone to the sternum. Keep the head in position. Gaze at your heart. Hold for as long as possible.



PRACTICE TIPS

KEEP THE HEAD AND NECK STILL! Moving the head with weight on the neck can injure the spine.

Broaden the balls of the feet and lengthen the feet and legs to lift weight off the wrists.

Lengthen the upper arms, release the shoulders and broaden the ribcage to transfer weight from the elbows onto the shoulders and upper arms.

BENEFITS

- ☞ Rejuvenates and rebalances the whole body.
- ☞ Engages the bandhas deeply.

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Dynamic Yoga Method

Foundation Postures

Halasan

Clasp the hands together behind the back but keep the finger bases broad. Soften the shoulders and lengthen the arms, bring the outside edges of the palms towards the floor.

Lift the hipbones and lengthen both sides of the body from the armpits to the hips.

Broaden across the balls of the feet, lengthen from the balls of the feet to the heels. Open the backs of the knees and lengthen from the heels to the sitting bones.

Keep the face and pelvic floor soft. Allow the neck to soften and release completely, then soften and release the whole of the body. Look at your heart. Let it be quiet.



BENEFITS

- ☞ Teaches softness and release
- ☞ Rests the body.

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Dynamic Yoga Method

Foundation Postures

Karnapidasan

Release the knees to the mat beside the ears. Fold the arms over the back of the knees. Soften and release the neck and shoulders completely. Hold and allow the whole of the body to soften and release.

If the knees do not reach the mat then rest them on the forehead, or perhaps on the arms folded around the top of the head.

PRACTICE TIPS

Be sure to rest the knees on mat, arms or forehead, to allow the neck and shoulders to release.



BENEFITS

- ☞ Teaches how to internalise the awareness deeply.

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Dynamic Yoga Method

Foundation Postures

Ardhamatsyasana

Hook the thumbs behind the hipbones and rest on the forearms. Activate the feet and legs strongly. Pivot the pelvis, release the shoulders and lift the whole of the spine into the centre of the body. Allow the head to release back gently but keep the back of the neck long and the chin very slightly tucked in.



BENEFITS

☞ Counterpose to arddhasarvangasan.

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Dynamic Yoga Method

Foundation Postures

Activate the Bandhas on the Breath

Bring the feet together and allow them to support each other as you soften and relax the pelvic floor completely. Rest the palms on the hipbones, the fingertips on the pubic abdomen. Relax all the muscles of the face, the throat and tongue. Keep the back of the neck long, chin tucked in.

Relax as completely as possible. Allow the breath to run freely. Then, over a series of breaths, gradually deepen the exhalation. Initially, release any feeling of flattening or toning in the pubic abdomen before beginning the next inhalation.

When the lungs are as empty as possible, with the pelvic floor still soft, hold the sensation in the pubic abdomen while you inhale. Maintain for several breaths. Keep the pelvic floor soft and allow it to be drawn up into the body.

Relax as completely as possible. Allow the breath to run freely. Then, over a series of breaths, gradually deepen the inhalation. Initially, release any feeling of opening, broadening or lifting the ribcage before beginning the next exhalation.

When the lungs are as full as possible, with the face, neck, throat and tongue still soft, hold the ribcage open while you exhale. Keep the back of the neck long, chin tucked in and upper abdomen soft. Allow the solar plexus and floating ribs to be sucked in, the whole of the abdomen to become long, soft and hollow.

Engage the muscles of the pubic abdomen. Draw the ribcage gently but continually away from the pelvis. As the ribcage broadens and lifts keep the whole core of the body soft and allow it to be drawn in and up from the pelvic floor to the crown of the head.

PRACTICE TIPS



BENEFITS

- ☞ Teaches deep surrender.
- ☞ Profoundly relaxing, allows the body to absorb the benefits of the practice.

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Dynamic Yoga Method

Foundation Postures

Savasana - Corpse Pose

Lie on your back, covered with a blanket, if necessary to stay warm. Lift your hips slightly away from the mat and extend your lumbar spine. Lift your head slightly and extend the back of the neck. Replace the head exactly centrally on the mat. If the shoulders are tight support the head so the back of the neck can lengthen.

Relax the hips, legs and feet and allow the feet to rollout equally away from one another. Relax the shoulders, the arms and the hands. Allow the arms to roll out away from the body and the palms to roll up to face the ceiling. Systematically relax the core of your body, the face, the tongue, the jaw and throat, the eyes, the brain, the spine, the pelvis floor.

Then move up through the centre of the body relaxing deeply into the abdomen, the solar plexus, the heart and again the throat, the face and the brain. Allow the whole core of your body to be soft, open and released.

Maintain your awareness on your breath but make no attempt to control it. Allow each inhalation to arise as deeply as possible from within your soft, released, open core and each exhalation to release you more deeply into Savasana.



PRACTICE TIPS

Stay focussed on the breath.

If you do fall asleep, don't worry, you are probably tired.

BENEFITS

- ☞ Teaches deep surrender.
- ☞ Profoundly relaxing, allows the body to absorb the benefits of the practice.

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Dynamic Yoga Method

Foundation Postures

Dharana, dhyana and smadhi - the sixth, seventh and eighth of the eight legs of yoga

Preparation for Sitting

Use enough support to ensure your hips are higher than your knees. Use something firm, blocks or books covered with a blanket. Ensure the knees are supported; on the floor, on your feet or on cushions, so the legs can relax.

Sit towards the front edge of your support and come forward on your sitting bones, allowing the pelvis to rotate forward a little and release the lumbar spine.

Rest your hands or wrists on your knees and relax your shoulders. Tuck your chin in slightly and extend the crown of your head towards the ceiling. Keep the whole of the spine erect, do not allow the head to loll forwards.

Relax your belly and allow the wall of the abdomen to move out, away from the spine, as you inhale and back, towards the spine, as you exhale.

Relax as completely as possible while keeping the spine erect. In particular, relax the face and pelvic floor. With each exhalation allow the pelvic floor to soften, the pelvis and hips to open, the legs and feet to relax further. Allow the whole of your foundation to open like a bowl.

Focus on the tip of the tailbone, allowing it to feel comfortably rooted in the soft, open bowl of your foundation. Allow each inhalation to travel the whole length of your spine, from the tip of the tailbone to the crown of the head, energetically lifting the whole of the spine.

Allow each exhalation to cascade down the outside of the body, from the crown of the head, releasing you further into the soft, open bowl of your foundation.

PRACTICE TIPS

Take plenty of time to sit as comfortably erect as possible.

Focus on your breath but make no attempt to control it. Let it move as freely as possible. Let some breaths be short and others long, as they will be.

Cultivate the feeling of letting go of distractions, either thoughts or discomforts, by returning, gently but persistently, to the subtle energies of the breath, alternately lifting your spine and releasing your foundation.

Try to sit for 10 minutes or so.

BENEFITS

- ☞ Teaches how to deepen awareness, introducing more profound and subtle delights.
- ☞ Preparation for dharana, dhyana and samadhi.



ASANA IS STEADY AND EASY, THE BODY RELEASING TENSION, EVERYTHING COMING TOGETHER.

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