

# Dynamic Yoga Method

## The Foundations of Internal Awareness

### Class Five

#### Broaden and Lengthen the Whole Body

Pranayama - Awareness of the Breath - the fourth limb of yoga.

#### Adomukasvanasan



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 hands equally. Soften the neck and shoulders and look back towards your feet. Spiral the arms, 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.

#### Trikonasan



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. Balance the spiralic activity of the legs and feet to bring the pelvis level. Allow the pelvic floor to broaden and lengthen as the feet broaden and lengthen.

Soften the shoulders, broaden the finger bases and extend the fingers slightly towards the ceiling. Allow the arms to spiral and 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.

STOP STRUGGLING. LET GO. FOCUS ON THE SENSATIONS OF THE BREATH.

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#### Tardhadandsan



Extend the legs with the balls of the big toes touching and the centre of the heels grounded so that, although the heels may not touch, 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 forearms, 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.

#### Chaturanga Dandasan



Lengthen the legs from the sitting bones to the heels, open the backs of the knees and lift knees and hips from the mat. Keep the ribcage on the mat until it lifts easily.

Push back from the hands into the balls of the feet and move the elbows towards each other, releasing the shoulders away from the ears. 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.

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#### Ardhasalabasan



Lengthen into the arms, release the shoulders away from the ears, Keep the back of the neck long. Lengthen into the hands and arms, release the shoulders away from the ears. Open the ribcage and extend the whole of the spine from the sacrum to the crown of the head. Lift the head and ribcage but keep the floating ribs and pelvic bone grounded.

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. Lengthen from the crown of the head to the balls of the feet. Lift the feet and roll them continually towards the little toes to allow the buttocks to remain soft, the pubic abdomen broad and grounded, the pelvic floor broad and soft, so the base of the spine can release.

Soften tongue and anus. Gaze straight ahead.

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# Dynamic Yoga Method

## Foundation Posture Sequence - Class Five

Satangullola

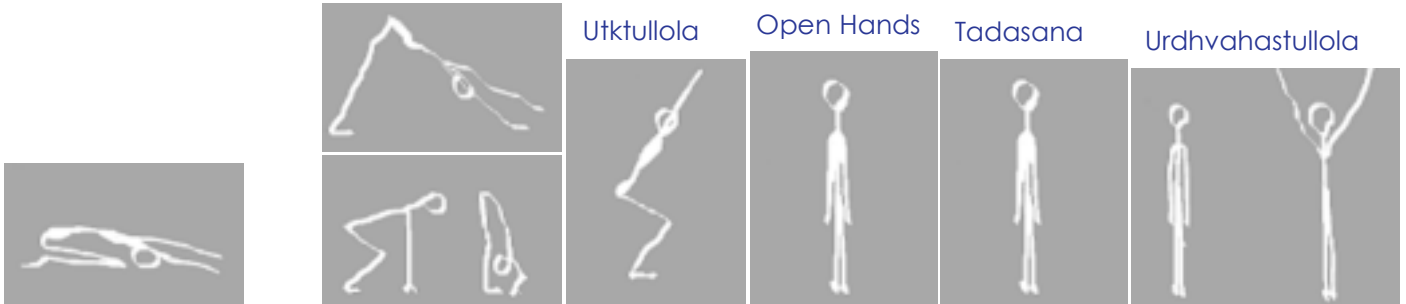


Utkullola

Open Hands

Tadasana

Urdhvahastullola



Hastatadasana

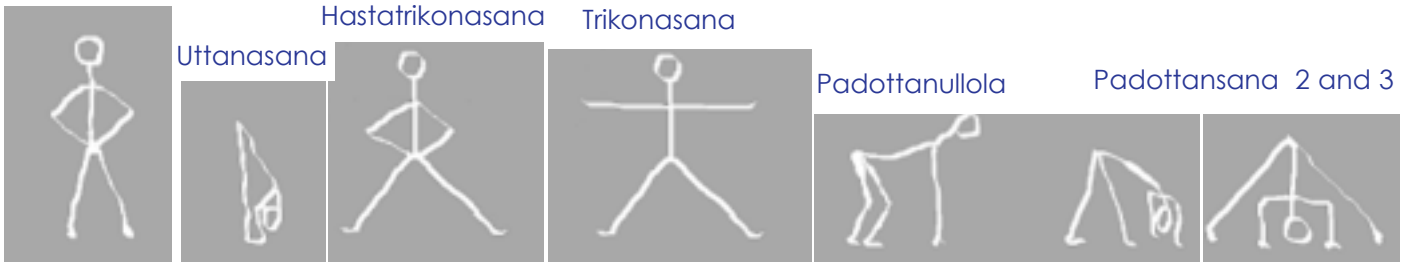
Hastatrikonasana

Trikonasana

Uttanasana

Padottanullola

Padottansana 2 and 3

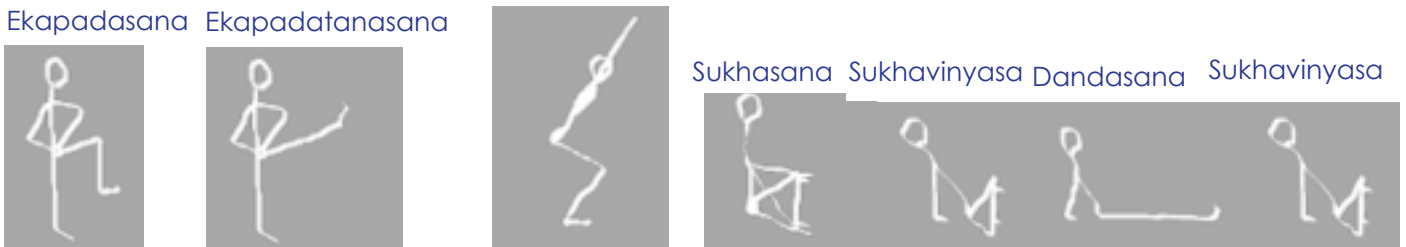


Utktasana

Ekapadasana

Ekapadatanasana

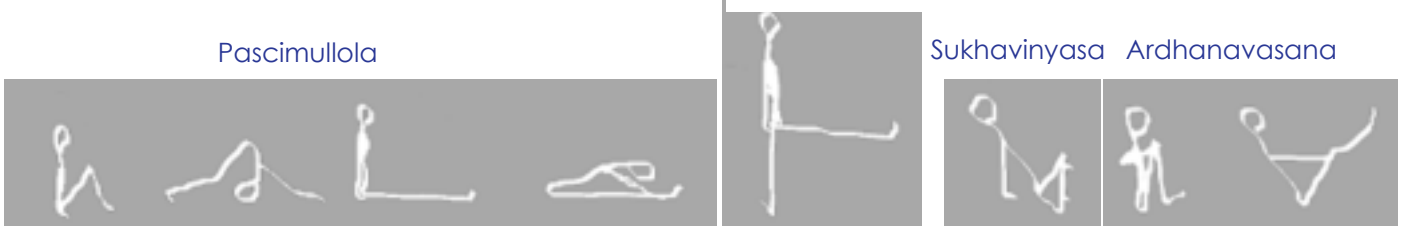
Sukhasana Sukhavinyasa Dandasana Sukhavinyasa



Urdhvakonasana

Pascimullola

Sukhavinyasa Ardhanavasana



Sukhavinyasa

Chaturangadandasana

Adomukhasvanasan



Ardhasalabasana

Adomukhasvanasan



# Dynamic Yoga Method

## Foundation Posture Sequence - Class Five

Suptaparivritasana



Bujadanullola



Pelvic Pivot



Savasana

