

Dynamic Yoga Method

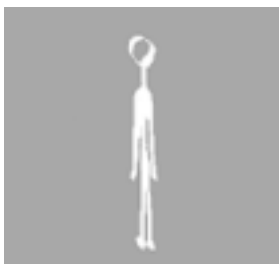
The Foundations of Internal Awareness

Class Four

Balance, Edge, Asana

Asana is steady and easy, the body releasing tension, letting everything come together

Tadasana



Stand with the feet together, big toe joints and ankles touching. Soften the shoulders, open the hands and allow the arms to lengthen into the fingers. Soften the buttocks, open the knees and release the weight equally into the four points of the feet. **Sthiram sukham asanam - Asana is steady and easy.**

FIND YOUR EDGE: Broaden the hands, extend the fingers and focus the awareness. At the same time soften the hands, release tension from the fingers and allow the hands to soften and lengthen. Balance the spiralic activity of the feet and legs, release all unnecessary muscular effort. Allow the feet to ground more comfortably, the legs to lengthen, the pelvis to come into balance and the base of the spine to release. Allow the ribcage to open and lift gently away from the pelvis. Soften the face and pelvic floor. Tuck in the chin. Keep the back of the neck long. **Prayatna Saitilya - The body releasing tension.**

As you continue to broaden, lengthen and ground the feet, release the weight more and more comfortably into the mat, the floor, the foundations of the building, the centre of the earth, recognise there is no limit to the grounding of the feet. As you continue to open but release tension from the hands, recognise there is no limit to the extension of the body. **Ananta samapatti - Letting everything come together.**

Trikonasana



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

Balance the spiralic activity of the feet and legs to open the back and front of the pelvis equally. Connect the softening, broadening and lengthening of the feet and the pelvic floor.

Soften the shoulders, broaden the finger bases and extend the fingers slightly towards the ceiling. Spiral the arms to lengthen them 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. Hold as long as possible. The first two times you are tempted to come out due, for example, to tension in the shoulders, look instead to release it by softening some other area of the body. **Allow the whole body to release.**

STHIRAM SUKHAM ASANAM, PRAYATNA SAITILYA, ANANTA SAMAPATTI.

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Ekapadasan



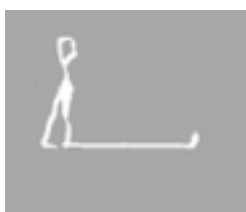
Release weight equally into the four points of the standing foot. Relax the buttocks and shoulders. Lift the hipbones. Activate the hands and arms, open and lift the ribcage. Keep the face and pelvic floor soft, chin slightly tucked in. Open the ribcage, lift the knee and broaden the balls of the feet together. Lengthen from lifted hip to armpit, standing heel to crown of head, balls of feet to heels and fingertips to palms, together. Minimum muscular effort.

Ekapadatadasan



Release weight equally into the four points of the standing foot. Relax the buttocks and shoulders. Lift the hipbones. Activate the hands and arms, open and lift the ribcage. Keep the face and pelvic floor soft, chin slightly tucked in. Broaden and lift the ball of the lifted foot as you broaden and lift the ribcage. Lengthen from lifted heel to sitting bone, hip to armpit, standing heel to crown of head, balls of feet to heels and fingertips to palms, together. Minimum muscular effort.

Ardhadandasana



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.

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.

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, free the base of the spine and lift weight from the hands.

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.

Connect the broadening of the balls of the feet, pelvic floor, finger bases and ribcage. Connect the lengthening of the feet, legs, arms and upper body. **Allow the whole body to release.**

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Merudandasan



Stay forward and balanced on the sitting bones. Legs may be bent but keep ribcage open and lifted. Broaden the feet and open the ribcage together. Soften the shoulders, lengthen the arms and move the legs towards straight, together. Soften tongue and anus, minimum muscular effort.

Merudanullola



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.

Ardhanavasan



Stay forward on the sitting bones. Legs may be bent but keep ribcage open and lifted. Broaden the feet and open the ribcage together. Soften the shoulders, lengthen the arms and move the legs towards straight, together.

Keep the face and pelvic floor soft and relaxed. Use minimum muscular effort.

Connect the lengthening of the arms with the straightening of the legs, the broadening and lifting of the feet with the broadening and lifting of the ribcage.

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Foundation Posture Sequence - Class Four

Satangullola



Malullola

Utkullola

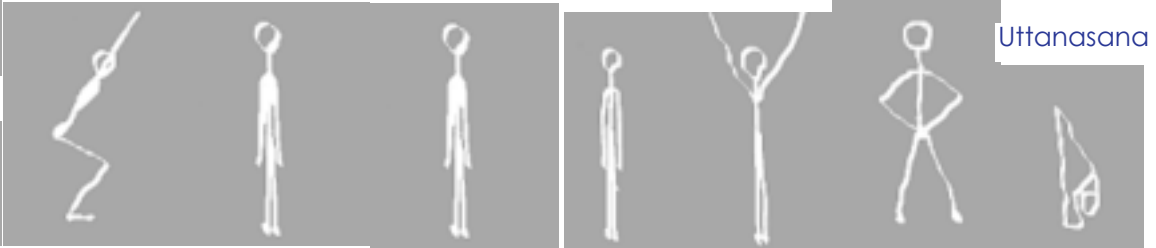
Open Hands

Tadasana

Urdhvahastullola

Hastatadasana

Uttanasana



Hastatrikonasana

Trikonasana

Ekapadatanasana

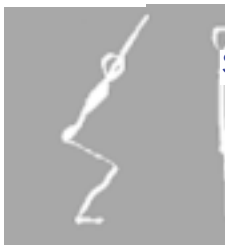
Ekapadasana



Padottanullola

Padottansana 2

Utktasana



Sukhasana

Sukhavinyasa

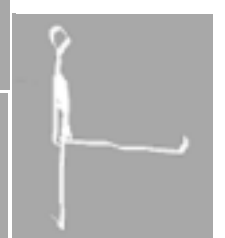
Dandasana



Pascimullola



Urdhvakonasana



Merudanullola

Merudandasana



Ardhanavasana

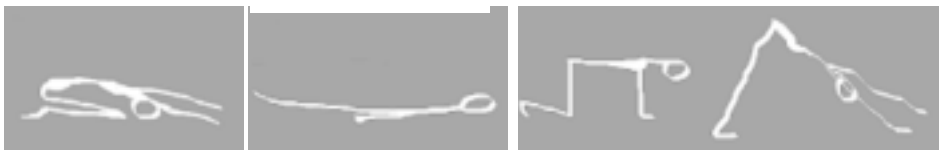


Balasana



Ardhasalabasana

Adomukhasvanasan



Suptaparivritasana

Bujadanullola

Pelvic Pivot

Savasana

