

Dynamic Yoga Method

The Foundations of Internal Awareness

Class Three

Balance and Open the Pelvis with the Feet and Legs

Committed, equanimous, passionate enquiry into the nature of self and reality - the Niyamas.

Hastatadasan



Ground the feet, activate the legs. 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.

Lift all of the toes. Ground the ball of the big toe and replace the toe on the mat. Extend from the ball of the big toe to the ball of the little toe and relax the rest of the toes. Extend from the ball of the little toe to the outside heel allowing the inner arches of the feet to lift. Gently spiral the feet and legs outwards, bringing the outer knees back and opening the front of the pelvis.

Extend from the ball of the big toe down the inner edge of the feet to the inside heel and across to the outer heel. Gently spiral the feet and legs inwards, bringing the inner knees back and opening the back of the pelvis.

Balance these two, alternate, spiralic actions so as to bring the pelvis level and to reduce the muscular activity in the feet and legs to a minimum.

Hasta Trikonasan



Ground the feet. Activate the legs. Open the hands, spiral the arms, soften the shoulders to allow ribcage to open and lift away from pelvis. Keep face and pelvic floor soft.

Extend from the ball of the big toe to the ball of the little toe and relax the rest of the toes. Extend from the ball of the little toe to the outside heel allowing the inner arches of the feet to lift. Gently spiral the feet and legs outwards, bringing the outer knees back and opening the front of the pelvis.

Extend from the ball of the big toe down the inner edge of the feet to the inside heel and across to the outer heel. Gently spiral the feet and legs inwards, bringing the inner knees back and opening the back of the pelvis.

Balance these two, alternate, spiralic actions so as to bring the pelvis level and to reduce the muscular activity in the feet and legs to a minimum.

Padottanasan



Ground the four points of the feet equally. Activate the legs. Extend from the ball of the big toe to the ball of the little toe, down the outside edge of the feet and allow the inner arches of the feet to lift. Maintain this lift as you lengthen from the ball of the big toe, down the inside edge of the feet to the inner heel and across to the outer heel. Open the backs of the knees. Broaden the back and front of the pelvic floor equally. Straighten the legs and release the upper body. Keep upper arms rolling out, ribcage open.

MINIMUM MUSCULAR EFFORT THROUGH BALANCED, SPIRALIC ACTION.

Email your queries to: mac@elementalyoga.co.uk or visit www.elementalyoga.co.uk

Dynamic Yoga Method

The Foundations of Internal Awareness

Class Three

Balance and Open the Pelvis with the Feet and Legs

Committed, equanimous, passionate enquiry into the nature of self and reality - the Niyamas.

Ardhadandsan



Part the buttock flesh. Keep sitting bones broad. Soften, broaden and extend the balls of the feet. Ground the centre of the heels. Lengthen from the balls of the feet down the inner and outer edges of the feet equally. Soften the front of the knees but open the backs as you lengthen from the heels to the sitting bones. Allow the activity of the feet and legs to pivot the pelvis and release the lumbar spine. Ground the hands at least hip width apart. Broaden the finger bases. Broaden the shoulders. Spiral the arms to open and lift the ribcage away from the pelvis. Keep face and pelvic floor soft, chin tucked in and lengthen from the sacrum to the crown of the head.

Urdhvakonasan



Sit on the mat. Take hold of the inner knees and bring the legs wide apart. Part the buttock flesh. Keep sitting bones broad. Soften, broaden and extend the balls of the feet. Ground the centre of the heels. Lengthen from the balls of the feet down the inner and outer edges of the feet equally. Soften the front of the knees but open the backs as you lengthen from the heels to the sitting bones. Allow the activity of the feet and legs to pivot the pelvis and release the lumbar spine. Broaden the finger bases. Broaden the shoulders. Spiral the arms to open and lift the ribcage away from the pelvis. Keep face and pelvic floor soft, chin tucked in and lengthen from the sacrum to the crown of the head.

MINIMUM MUSCULAR EFFORT THROUGH BALANCED, SPIRALLIC ACTION.

Email your queries to: mac@elementalyoga.co.uk or visit www.elementalyoga.co.uk

Dynamic Yoga Method

Foundation Posture Sequence - Class Three

Satangullola



Mallulola



Utkullola

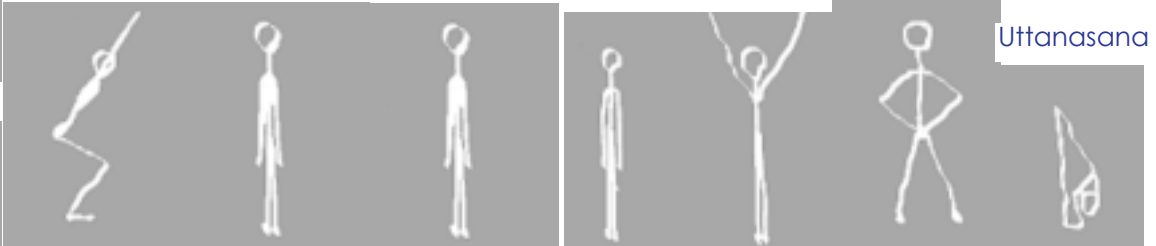
Open Hands

Tadasana

Urdhvahastullola

Hastatadasana

Uttanasana



Hastatrikonasana Trikonasana



Padottanullola

Padottansana 1, 2 and 3



Utktasana



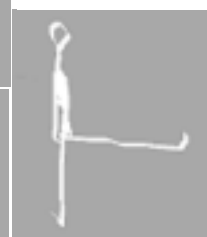
Sukhasana



Pascimullola



Urdhvakonasana



Softcore

Sukhavinyasa

Dandasana

Balasan



Chaturangadandasana

Adomukhasvanasan

Ardhasalabasana



Simple Twist

Bujadanullola

Pelvic Pivot

Savasana

