

The hipsDynamic Yoga Method

The Foundations of Internal Awareness

Class Two

Open the Ribcage with the Hands and Arms

Sensitivity, honesty, generosity, openness and focus - the Yamas.

Hasta Balasan



Ground the four points of the hands equally. As you ground the index finger base, roll the upper arms out, away from the body, the inner shoulders in, and open the front of the ribcage between the collar bones. As you broaden from the index finger base to the little finger base, counter this by rolling the forearms in and open the back of the ribcage, between the shoulder blades.

Balance these two spirallistic actions in the hands and arms to open the back and front of the ribcage equally and to reduce the muscular effort involved to a minimum.

Soften the shoulders and lengthen from hips to hands to allow ribcage to lift away from pelvis. Soften the tongue, soften the anus.

Hastatadasan



Ground the feet, activate the legs by sucking the thigh muscles gently into the bones. Relax the buttocks and shoulders. Open the knees and lift the hipbones. Bring the elbows in line with the hips to open the front and back of the ribcage equally. Rest the index finger base on the iliac crest, the centre of the hips. Broaden the finger bases and extend the fingers away from the body. Press in with the hands, soften the shoulders and move the elbows away from each other to open and lift the ribcage away from the pelvis. Maintain lift on exhale. Keep the back of the neck long, the chin tucked in. Lengthen from the sacrum to the crown of the head. Keep the face and pelvic floor soft.

Hastatrikonasan



Ground the feet, activate the legs. Relax the buttocks and shoulders. Lift the hipbones. Bring the elbows in line with the hips to open the front and back of the ribcage equally. Rest the index finger base on the iliac crest, the centre of the hips. Broaden the finger bases and extend the fingers away from the body. Press in with the hands, soften the shoulders and move the elbows away from each other to open and lift the ribcage away from the pelvis. Maintain lift on exhale. Keep the back of the neck long, the chin tucked in. Lengthen from the sacrum to the crown of the head. Keep the face and pelvic floor soft.

Trikonasan



Extend the arms, soften the shoulders, open the hands. Turn the palms towards the ceiling, just once, to roll the upper arms out and away from the body. Turn the palms back to the floor at the wrists to roll the forearms in. Balance this spirallistic action in the hands and arms and use a minimum of muscular effort to lengthen the arms out of the shoulders, allowing the ribcage to open and lift away from the pelvis.

BE SENSITIVE AND GENEROUS TO YOUR BODY. FOCUS, OPEN AND ENJOY YOUR PRACTICE HONESTLY.

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

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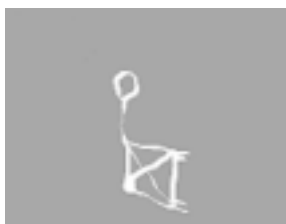
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Sukkasan



Cross the legs with care to bring the feet under the knees with the shin-bones parallel. Part the buttock flesh, broaden the sitting bones and release as comfortably as possible into your foundation. Activate the hands, soften the shoulders and spiral the arms by rolling the upper arms out and away from the body to open the front of the ribcage. Counter this by rolling the forearms in 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 away from the pelvis. Maintain this lift on the exhalation. Keep the back of the neck long, the chin slightly tucked in. Soften the face and pelvic floor.

Ardhadandsan



Broaden and lengthen the feet. Lengthen the legs. Pivot the pelvis. Release the lumbar spine. Ground the hands at least hip width apart. Ground the four points of the hands equally. Soften the shoulders and lengthen the arms. Spiral the arms by rolling the upper arms out and away from the body to open the front of the ribcage. Counter this by rolling the forearms in 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 away from the pelvis. Maintain this lift on the exhalation. Keep the face and pelvic floor soft, chin tucked in and lengthen from the sacrum to the crown of the head.

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Dynamic Yoga Method

Foundation Posture Sequence - Class Two

Satangullola



Utkullola

Open Hands

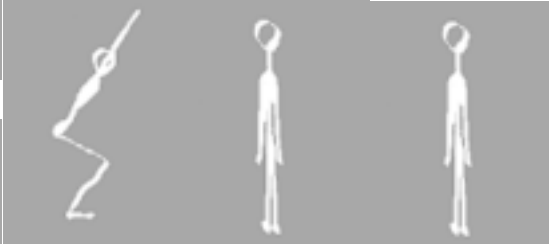
Tadasana

Urdhvahastullola

Hastatadasana

Uttanasana

Malullola



Hastatrikonasana Trikonasana



Padottanullola

Padottansana 1, 2 and 3



Utktasana



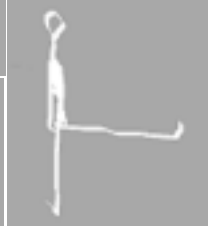
Sukhasana



Pascimullola



Urdhvakonasana



Softcore

Sukhavinyasa

Dandasana

Balasan



Adomukhasvanasan

Ardhasalabasana



Simple Twist

Bujadanullola

Pelvic Pivot

Savasana

