

## Yoga Practical #1

Sun salutations should flow with a sense of breath rhythm. The only time you should stop and hold is during down dog in the A series. Demonstrate that you know both the A&C Series well enough that you can do them and flow with an even breath rhythm (on your own timing). There should also be a sense of prana (life force) as your energy extends through your arms, legs, head, and torso. Demonstrate all of the points listed in the outline. Make an appointment to talk with me if there is a reason why you can't achieve any of the points listed.

### A Series

#### **Tadasana (Mountain)**

- Feet hip width
- Toes facing forward

#### **Namaste**

#### **Standing Arch - 1**

- Vertical - Nothing changes except the arms and the upper body beginning at the sternum level – look straight up
- Prana - energy through arms as they move side and as they arrive up
- Palms face each other

#### **Uttanasana (Forward Fold)**

- Uttanasana is also called forward fold – as much as possible your torso should fold toward your legs – your head should be dropped

#### **Standing Arch - 2**

- Spine arches upward – look forward in front of you

#### **Cataranga (Plank)**

- Long line from head to heels
- Hands directly under shoulders

#### **Urdhva Mukha Svanasana (Upward Facing Dog)**

- Tops of feet pressing on the floor
- Pelvis is off the floor
- Arch with a long line of energy from feet and out the top of head – look upward

#### **Adho Mukha Svanasana (Downward Facing Dog)**

- Tailbone reaching on upper diagonal – down dog is a scalene triangle
- Hands shoulder width and pushing
- Head dropped

#### **Take 5 deep breaths as you hold**

#### **Standing Arch - 2**

- Spine arches upward – look forward in front of you

#### **Uttanasana (Forward Fold)**

- Uttanasana is also called forward fold – as much as possible your torso should fold toward your legs – your head should be dropped

#### **Standing Arch - 1**

- Energy through arms as they move from uttanasana to standing arch
- Vertical - Lift arms and upper body beginning at the sternum level – look straight up
- Palms face each other

#### **Namaste**

- Prana - energy through arms as they move from Standing Arch to Namaste

### C Series

#### **Tadasana (Mountain)**

- Feet hip width
- Toes facing forward

### **Namaste**

#### **Standing Arch – 3**

- Go deeper into the arch but keep it long (not a back bend) – Your body should look like a parenthesis (not a zigzag)
- Prana - energy through arms as they move from Namaste and as they arrive up
- Palms face each other
- Arms by ears

#### **Uttanasana (Forward Fold)**

- Uttanasana is also called forward fold – as much as possible your torso should fold toward your legs – your head should be dropped

#### **Ashwa Sanchalasana (Lunge)**

- Front heel remains on the floor
- Sink in your pelvis
- Arch with a long line of energy from feet and out the top of head – look up

#### **Cataranga (Plank)**

- Long line from head to heels - don't sag
- Hands directly under shoulders

#### **Ashtanga pranam (Knees – Chest – Chin)**

- Your body should zigzag

#### **Bhujangasana (Cobra or Sphinx)**

- Pelvis stays on the floor
- Tops of feet are on the floor
- Legs are active – not relaxed

#### **Adho Mukha Svanasana (Downward Facing Dog)**

- Tailbone reaching on upper diagonal – down dog is a scalene triangle-
- Hands shoulder width and pushing
- Head dropped

#### **Ashwa Sanchalasana (Lunge)**

- Make sure the other leg goes forward
- Front heel remains on the floor
- Sink in the pelvis
- Arch with a long line of energy from feet and out the top of head – look up

#### **Uttanasana (Forward Fold)**

- Uttanasana is also called forward fold – as much as possible your torso should fold toward your legs – your head should be dropped

#### **Standing Arch - 3**

- Prana - energy through arms as they move from Uttanasana to standing arch
- Your body should look like a parenthesis (not a zigzag)
- Palms face each other
- Arms by ears

### **Namaste**

- Prana - energy through arms as they move from Standing Arch to Namaste