



Yoga on 7th

PRACTICE SEQUENCE

This practice sequence is meant for healthy practitioners who attend classes regularly. Depending on how long you stay in each pose, it will take you from 15 to 40 minutes. Work this practice into your schedule as often as you can. Daily would be great, but three times a week will bring you increases in strength and flexibility. Even practicing once a week will help you to maintain the progress you've made in class.

1. Sit in Virasana (hero pose) with as many blocks as you need to be comfortable. Press your sitting bones into the blocks. Lift the sides of your ribcage. Roll the shoulder blades down your back. Inhale and widen the chest. Press the bottom edges of your shoulder blades into your back ribs to lift your chest. From your back waist, lengthen toward your sitting bones.



2. Clasp the hands, turn the palms out and press them away from you. Pull your upper arm bones back toward the shoulders.



3. Lift the arms so the hands face the ceiling. Press down through the sitting bones. Press up through the index finger mounds. Release the arms down.



4. Set up your twist to the right: press the sitting bones, lift the side ribs, take the front floating ribs toward the spine, and rotate from the rib cage. Inhale and lift, exhale and rotate. Continue to press the sitting bones down and lift the side ribs. Repeat to the left side.



5. Remove the blocks and sit with your feet together, knees apart. If your knees are above your navel, sit on a block. Take your hands behind you and press your hands into the floor to lift your chest. Stretch from the inner thighs to the inner knees.



6. Take your hands around your feet and sample your forward bend. Find your first moment of stretch. Wait and breathe.



7. Sit up, take your hands behind you and cross your feet.



8. Take your hands to the front of the mat. Come up on the sides of your feet.



9. Step or jump back into downward facing dog pose.



10. Take your hands and feet wide, little toes touching the edges of the mat. Press into the hands and feet. From your big toe mound, lift all the way to your inner groins. Roll your inner groins back. Spread your hamstrings wide. Elongate your calf muscles to take your heels toward the floor.



11. Step your feet to hip distance and remain in dog pose for several breaths.



12. Walk your feet forward and your hands back to come to Uttanasana (intense stretch).



13. Press your feet fingers down into the floor. Lift your front thighs. If your fingers don't easily reach the floor, use bricks, blocks, or even books.



14. Bring your hands to your thighs, press in and roll up. (no photo)

15. Stand in Tadasana (mountain pose).



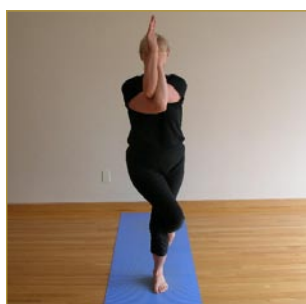
16. Spread your arms wide.



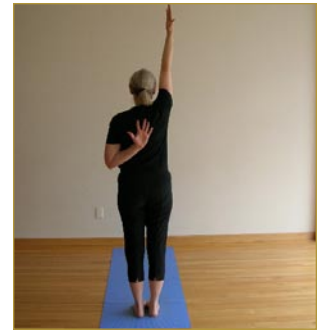
17. Cross your right arm over your left arm above the elbow. Take your right hand to the right, left hand to the left. Bring your palms together. Straighten the fingers and press the palms together. Release and do the other side, OR:



18. Bend both knees deeply. Swing your left leg over your bent right leg, and tuck your left foot behind your right calf. Notice if you are leaning forward. Lengthen the back of your waist toward your buttocks. Repeat on the opposite side.



19. Stand in Tadasana (mountain pose). Lift your right arm, strongly rotating your upper arm toward your face. Bring your left hand as high in the back as you can without rolling the front of your left shoulder forward.



20. Bend your right elbow and bring your hand to your right shoulder blade, your upper arm toward your ear. Connect your hands, or use a strap to make the connection. Repeat on the other side.



21. From Tadasana, hinge into forward bend.

21. Step back into downward dog pose.



22. Step your right foot between your hands into lunge. Use blocks under your hands to create more ease in the pose. Bend the right knee to 90 degrees. Press forward through your right kneecap. Stretch back from your inner left thigh to the ball of your left big toe. With your leg straight, lift your left thighbone toward the ceiling.



23. Bring your hands to the floor. Step back to dog pose. Repeat, taking the left foot forward.



Step back to dog pose.

24. Step your right foot between your hands. Step your left foot forward until both heels can touch the floor with your legs straight – Parsvottanasana (intense side stretch). Contract your left front thigh muscles and push them back into the thighbone. Press your left heel into the floor. Press your right big toe mound into the floor. Lift your right front thigh muscles toward your hip crease. Look forward. Lengthen your whole front spine. Take your collarbones forward, lengthen your neck and look up.



25. Take your hands to the floor, step back to dog pose, repeat to the left.



26. Step your right foot between your hands. Bring your left knee to the floor and step it back. Use a blanket under your knee if it hurts. Bring yourself upright, using the blocks to help balance. Take the back rim of your pelvis toward your buttocks.



27. Move forward from your sacrum. Lift your chest.



28. Take your hands to the floor, step back to dog pose, repeat to the other side.



29. Lift your right leg and swing your knee between your hands, with your knee in the centre of the mat.



30. Sit down on your right hip. Lift your left leg up and over your right thigh.



31. If the stretch is too intense, sit on a block, or two.



32. As much as possible, bring your feet to be parallel. Both sitting bones press evenly into the block.



33. For more intensity, come into a forward bend. Or stay where you are and enjoy the stretch.



34. Unwind your legs, bring your hands to dog pose position, and swing back into dog pose. Repeat, bringing your left knee between your hands.



35. Sit in Dandasana (stick pose). Roll both upper inner thighs in. Stretch through your inner legs to the ball of your big toe. Press your thighbones to the floor. Lift your chest by pressing your hands into the floor.



36. Take your fingers behind your right knee and lift your leg so your heel presses into the floor as close to your right buttock as possible. Press down into your sitting bones. Inhale and lift your spine. Rotate toward the left, bringing your right upper arm to the inside of your right knee. Press your right knee toward your arm. Strongly roll your left upper thigh in, and continue to rotate your spine. Release, come back to Dandasana, and repeat to the left.



37. Take your fingers behind your right knee and lift your leg so your heel presses into the floor as close to your right buttock as possible. Lean back. Twist toward the right. Bring your left upper arm to the outside of your right thigh. Press your right hand into the floor behind you to bring your spine back to vertical. Press your right knee left, toward the centre of your body. Strongly roll your left upper thigh in, and continue to rotate your spine. Release, come back to Dandasana, and repeat to the left.



38. Come back to Dandasana. Bend your knees. Bring your arms around the front of your knees and lift your spine.



39. Exhale and bring your ribcage to rest on your thighs. Rest your forehead on your knees.



40. Begin to move your heels away slowly, keeping your ribcage glued to your thighs. Go into your forward bend only as far as you can go without losing the contact of the ribs with the thighs.



41. When you have reached your maximum stretch, rest your head on a yoga brick.



42. Release into Savasana (relaxation pose).

