

RYT 200 19 W3 P2 Twist Developmental / end of breath

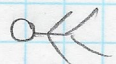


GPS Awareness Practice

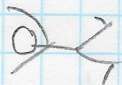
Attention to

Forehead point
Center of throat
Sternum
Navel
'bladder point'
pelvic floor

Occipital Ridge
Center of Neck
Center of back
Low back
Sacrum
tailbone



IN →
← EX



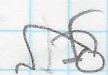
Both sides
R Side
L Side

} Repeat

Both sides - stay 1BR 2BR stretch fingers & toes



IN →
← EX



Both arms
R Arm
L Arm

} Repeat

Vajrasana

Both Arms - stay 1BR 2BR stretch fingers

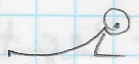


IN →
← EX



turn head on EX

Bhujangasana



IN →
← EX



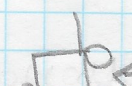
turn head away from moving leg on EX Salabhasana



IN →
← EX



4x then



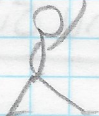
IN →
← EX



Cakravakasana
Twist Ad



IN →



EX →

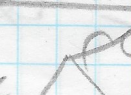


3x then

Parsvottanasana



IN →
← EX

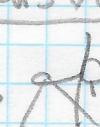


3x

Ardha Parsvottanasana



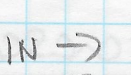
IN →
← EX



3x each alt sides add

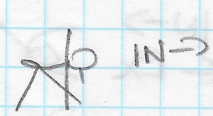


IN →
← EX

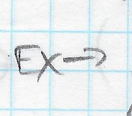


each

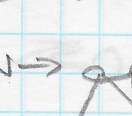
3x alt sides add



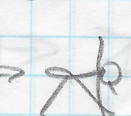
IN →



EX →



IN →



EX →

IN →
← EX

Trikonasana Parivrtti

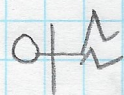


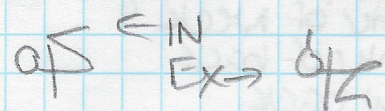
IN →
← EX

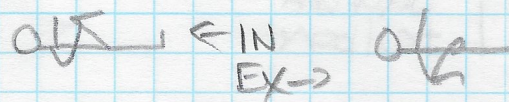


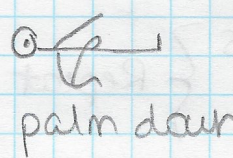
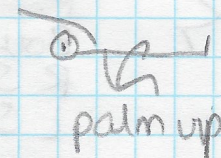
lex to neutralize the spine

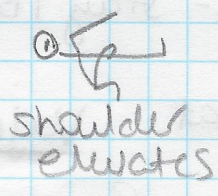
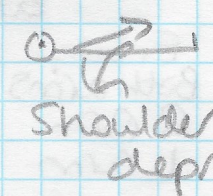
Urdhva Prasarita Padasana

 feet wide twist

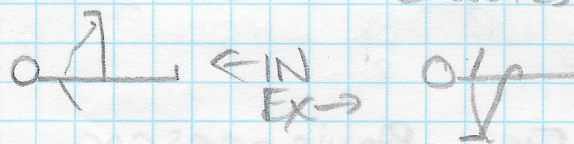
 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ Knees together twist

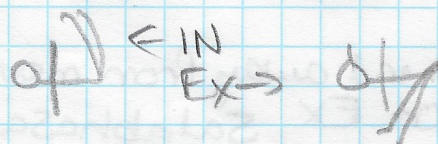
 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ One knee twist

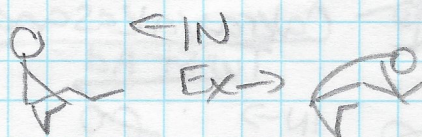
 $\rightarrow$ 
palm down palm up

 $\rightarrow$ 
shoulder elevated shoulder depressed

Jathara
Panivrtti
Adaptations

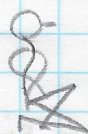
 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ Straight knee twist

 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ Double straight leg twist

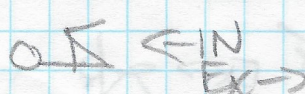
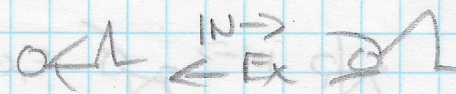
 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ 3x stay 3 BR

Janu Sirsasana

Bharadvajasana



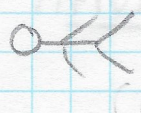
 paschimottasana

 $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$ (or)  $\leftarrow \begin{matrix} \text{IN} \\ \text{EX} \rightarrow \end{matrix}$

Apanasana

for compensation

Dwi Pada Pitham

 Savasana