

Manual for Yoga Education



Yoga means 'union' or 'link.' Hatha Yoga is a system of physical exercise which studies and integrates the mind, body and breath. The benefits of this ancient discipline include enhanced physical, mental and emotional health. The practices and exercises of yoga develop the ability to sustain smooth and deep breathing, while moving the body and maintaining a variety of challenging postures. The postures are designed to strengthen, align and balance the body. The breathing quiets the mind, and soothes the nervous system. The yoga process of linking or unifying thought, breath and movement develops focus, concentration, and an awareness of the fundamental connection between intention, action and consequence. The cultivation of this kind of personal integration deepens one's relationship to and respect for oneself, others and life on all levels. The focus of the Yoga Education. Program is the transference of yoga skills into personal awareness and into tools for dealing with life and making healthy, responsible choices.

Goals:

1. To inspire students to establish and maintain a lifetime of wellness.
2. To provide the tools to develop self-awareness and enhance social, physical, mental and emotional health and well-being.
3. To develop focus and concentration in order to enhance learning and achievement.
4. To support children in finding enjoyment and success in physical activities.
5. To facilitate the transference of yoga skills and outcomes to other academic and social situations and environments.

Objectives

1. Ability to apply basic body mechanics, alignment and proper posture.





2. Ability to move gracefully, stretch and hold physical postures.
3. Ability to center, integrate and balance oneself.
4. Ability to understand and regulate breathing in challenging situations.
5. Ability to focus and concentrate on a given task.
6. Ability to slow down and connect with one's inner self.
7. Ability to balance effort and receptivity, incorporating finesse.
8. Ability to relax and release tension.

9. Ability to maintain and improve cardiovascular fitness and health.
10. Ability to utilize specific techniques to manage emotions, transitions and stresses.
11. Ability to formulate and accomplish a self-created goal.
12. Ability to observe, identify, accept and work with thoughts and feelings.
13. Ability to make positive choices that respect and support oneself and others.
14. Ability to tolerate conflicts and creatively and compassionately problem-solve to outcomes.

Yoga helps in fostering -

Physical Fitness:

Kinaesthetic awareness and control

Strength and flexibility



Balance and coordination

Cardiovascular and circulatory health

Relaxation and renewal

Mental Fitness:

Focus and concentration

Development of visual, auditory and kinaesthetic intelligences

Critical thinking and creativity

Perseverance and confidence

Respect and tolerance

Emotional Fitness:

Awareness and understanding of feelings

Appropriate processing and expression of feelings

Self-esteem and awareness of choices

Stability and self-control

Supportive self-care and stress management

Social Fitness:

Personal responsibility



Understanding of one's impact and contributions

Respect for different perspectives and for the greater community

Communication and conflict-resolution skills

Dos and Don'ts

1. Set aside a regular time for yoga.
2. Go slowly, especially in the beginning, and listen to the body. It knows what it can do. If it says "stop," then stop. Don't push it.



3. Be regular, not rigorous.
4. Prepare well for each yoga session.
5. Practice yoga on an empty stomach. This is the best time for yoga practice, and it is a good idea to allow the digestion of a meal to be done before practicing yoga, so leave 2-4 hours between the meal and yoga practice. Yoga before breakfast is an ideal option.
6. If one feels hungry prior to a yoga practice, drink a little diluted fruit juice or warm milk with honey.
7. If one feels the cold easily, have a blanket to cover himself/herself for the relaxation phase of the practice.
8. Rest between poses.
9. Fit yoga into daily life.

Reference :

<http://yogakids.com/toolsforschools/tfs-goals.htm>

<http://www.wikihow.com/Practice-Yoga-Daily>

S.No	Asanas / Posture	Procedure	Adaptations	Benefits
	Warming up	<ul style="list-style-type: none"> ❖ Children will be made to; <ul style="list-style-type: none"> - Do neck rotations, - Wrist and arm stretching and rotations, - Finger movements - Hip and waist rotations, - Knee rotations - Ankle rotations and stretching. - Walking in place - Jog in place, - Jumping in place, - Intermittent blowing, - Intermittent sucking 	<p>Where ever required appropriate props will be used.</p> <p>For making children feel the breath they will be made to blow soap bubbles. Suck cool drinks / water.</p> 	
	Pranayama (Only feel of breath here)	<ul style="list-style-type: none"> ❖ Make children do inhale and exhale. Initially children will be made to do only Sahaja Pranayama (Normal breathing pattern). 	<ul style="list-style-type: none"> • For making children feel the inhalation and exhalation a butter paper / tissue paper can be place in front of the nose. • Make the child feel the breath by placing a butter paper / Tissue paper in front of the nose. • Make the child lie on the stomach and feel the breath. • Use of Hoberman Sphere / stretching band 	For better Speech production and better speech fluency.

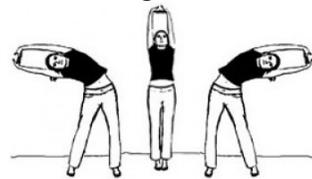
			 <ul style="list-style-type: none"> • Breathing with Pursed Lips • Swimming Stuffedies • Diaphragmatic Breathing • Take 5 -Sit comfortably. <p>Lift one finger at a time as you breathe in through their nose and count in their mind: 1, 2, 3, 4, 5. Pause for a second. As you exhale, count backward (5, 4, 3, 2, 1) putting down a finger for each number. Repeat 2 or 3 times.</p> 	
Standing Asanas		<ul style="list-style-type: none"> • Tadasana /Palm Tree pose /Mountain pose. <p>Step 1: - Make children stand straight such that feet are in contact with each other.</p> <p>Step 2: - Encourage them to inhale and lift their heels up and raise both hands together straight up</p>	<p>Use appropriate props as per the child's requirement.</p> 	<ul style="list-style-type: none"> • Tadasana /Palm Tree pose /Mountain pose. ▪ Useful for curing waist problems and for increasing height. ▪ It is one of the best exercises for abdominal organs.

over their head as much as possible such that palms face each other.

- Urdhva Tadasana / Extended Mountain Pose

Urdhva Tadasana normally looks like simple Tadasana except for hands position. In this Mountain Pose Tadasana fingers are inter-locked with each other and are raised up over the head and stretched as much as possible. Encourage children to keep entire body weight on toes and stretch body & hands upward as much as comfortable.

- Tiryaka Tadasana
While stretching encourage children to move the body to left and right.



- Trikonasana (Triangle Pose)

Step 1: -

Make children stand in normal Tadasana posture.

Step 2: -

Encourage children to keep their feet slightly further apart exactly equal to the distance between two shoulders.

Step 3: -

Encourage children to inhale deeply and raise



Adaptation for wheel chair bound children

- Tiryaka Tadasana benefits in curing spine problems & increases its flexibility.
- Tiryaka Tadasana is most useful exercise for removing extra fats from the sides of abdominal region.

- Trikonasana benefits stimulates blood flow in the body.
- It stretch and provides relaxation to the shoulders, back, arms and legs.
- It stretches thighs, calves & hamstring muscles and making them fit and strong.
- While practicing Trikonasana

both arms in upward direction such that they parallel to the ground and palms facing in downward direction.

Step 4: -

Encourage children to exhale and turn torso to the left with a bend at waist such that right hand is in touch with the left ankle. Palm of right hand is kept along the outside of left ankle by extending left hand straight upward.

Step 5: -

Encourage children to keep both hands and legs firmly straight and avoid bending at elbows and knees.

Step 6: -

Encourage children to turn head on left side upward direction and gaze at left hand fingertips.

Step 7: -

Encourage children to inhale and get back to initial posture with both arms stretched out.

Step 8: -

Let them retain this posture by holding breathe as long as they feel comfortable (1 min for children).

Step 9: -

Now let them exhale and repeat same 4 – 8 steps on other side.



Use a chair or wall for support.



steps even a slight spine twist can provide flexibility to spinal disc and reduces lower back disorders.

- Trikonasana benefits to increase blood flow to the head area.



Utkatasana



Step 1: -

Make children come to "Tadasana" or "The Mountain Pose".

Step 2: -

Encourage children to keep their big toes touching each other and heels kept a little apart.

Step 3: -

Encourage children to suck lower belly in a little to support their spine. Let them move shoulder blades down and keep chest open and thrust out across their shoulders.

Step 4: -

Then, encourage them to take a deep breath and lift their arms over their head. Let them keep arms up with the palms joint together, facing inward, or just keep them parallel to each other. Care should be taken that children place their arms at the same level or in front of their ears.

Step 5: -

Encourage children to bring their lower ribs towards their pelvis. Then, breathe out and bend their knees. Encourage children to make their thighs as parallel to the ground as possible. Their knees should come out in front of the feet. Encourage children to make the torso at right angle with the upper part of the thighs.

Step 6: -

Encourage children to keep the ends of their shoulders firm. Bring their tailbone down to the ground

Step 7: -

Let children remain in this pose for 30 seconds to one minute. To release from the pose, let children straighten their knees while breathing in. Then, breathe out and bring their arms to the sides of their body and then back into Tadasana.

Eagle pose improves balance and stretches upper back, shoulders and outer thighs. Makes legs, knees and ankles strong.

Uttanasana

Step 1: -



Encourage children stand in Tadasana (Mountain Pose). Let them place hands on their hips.

Step 2: -

Encourage children to draw their knees and thighs up and holding legs firm, exhale and bend forward from the hips.

Step 3: -

Encourage children to reach down and place hands on the floor beside their feet and look up. Take one or two breaths.

Step 4: -

With an exhalation, let them extend their trunk down completely and allow their head to release toward the floor. Hold for 20-30 seconds.

Care should be taken that children with low back pressure should do with support.

- Garudasana Eagle Pose

Step 1: -

Encourage children to begin with mountain

pose.

Step 2: -

Let them inhale when raising their arms up to shoulder level with palms facing up. See to it that their arms and shoulders are relaxed.

Step 3: -

Encourage children to cross left arm over the right so that their elbows rest on top of each other.

Step 4: -

Let them bend their elbows, wrapping our forearms around each other with palms facing each other. Encourage them to keep their fingers pointing to the ceiling. If the palm does not touch, let them keep one palm resting against the other wrist or forearm.

Step 5: -

Encourage children to slightly bend their knees and shift their body weight to the other leg.

Step 6: -

Let them cross right leg over their left just above the knee.

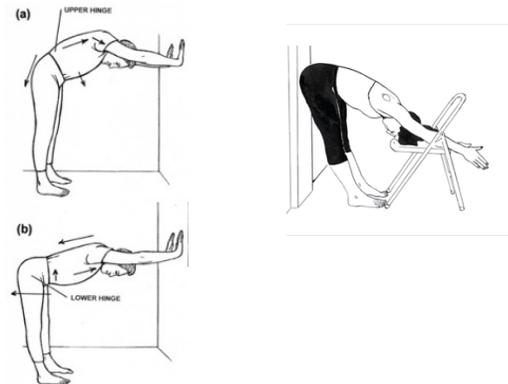
Step 7: -

Place the right foot behind their left lower leg and hook the foot over the left calf or ankle. If they are unable to reach the left calf, place the right foot next to left lower leg.

Step 8: -

Uttanasana

Make the child lean on the wall first later on chair and then on bricks and then to posture.



See to it that the crown of their head should be pointed toward the ceiling and look straight ahead. Imagine the spine running straight through the body.

Step 9: -

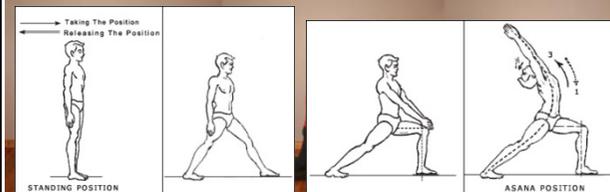
Let them remain in this pose for 30 to 60 seconds and then come back to mountain pose.

Step 10: -

Encourage children to repeat steps from 2 to 9 with the opposite arm and leg crossing over in steps 3 and 6.



Anjaneyasana and Ardha veerasana
Anjaneyasana



Ardhaveerasana

Step 1:-

Encourage children to stand begin with Tadasana posture.

Step 2:-

While inhaling let them stretch their foot apart. Turn to towards their left.

Step 3:-

While exhaling let them bend their left leg at their knee level so that left thigh is parallel to the ground.

Step 4:-

While inhaling let children support their body placing their palms on the left knee and stretching their right leg back in such a way that the knee of the right leg touches the ground.

Step 5:-

Encourage children to come to the normal position by straitening their left knee first, retrieving their right leg, then to Tadasana posture with legs apart, then to normal posture.

Similarly Ardhaveerasana is done. After step 4 hands should be raised touching palms of both hands in Namaskara posture.

STEP 1:

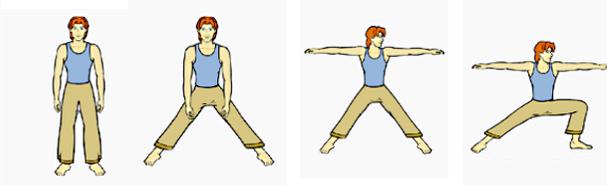
Encourage children to start with the mountain



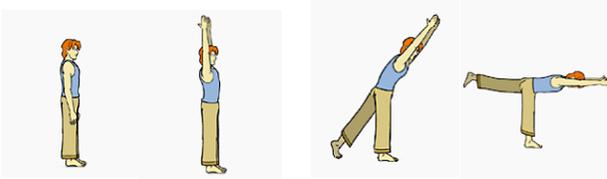
pose.

STEP 2: Let them move their feet apart around four feet.

STEP 3: Let them raise both arms parallel to the floor. Turn their head to the left.
STEP 4: Turn their left foot 90 degrees to the left and bend their left knee. Keep the hips in the same angle (180 degrees) as for the arms. Encourage children to stay in position for 30 seconds to one minute.



STEP 1: Start with the Mountain Pose.
STEP 2: Raise both arms overhead, perpendicular to the floor. Their palms should be facing each other.
STEP 3: Move their left foot backward. Slightly lean forward, keeping their back straight and their arms stretched overhead. Their left foot, back, and arms should form a diagonal line.
STEP 4: Lift their left foot and straighten their right leg simultaneously, keeping their arms parallel to the floor. At this point, their raised leg, upper body and arms should be parallel to the floor. Give length to the entire spine by stretching their arms and their legs. This results in stretching from two sides of the back: stretching from the



legs and from the arms. Keep on breathing through the belly and be careful not to bend their lower back.

Ardha Chandrasana

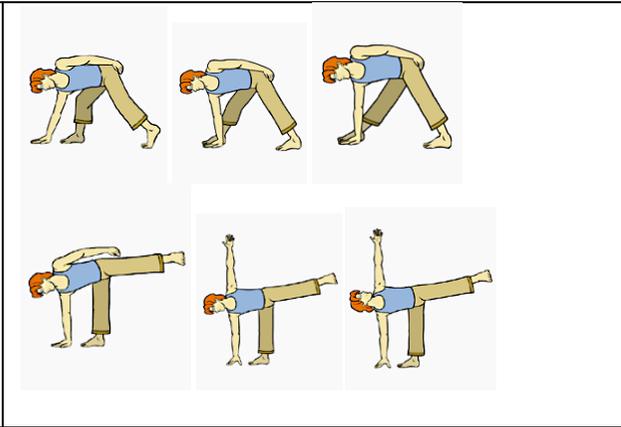
STEP 1: Start with a Trikonasana, with their left hand resting on their hip.

STEP 2: Slightly bend their right knee then move a bit forward.

STEP 3: Move their right hand forward - a few inches from the toes of their right leg, and
STEP 4: Exhale and press their right hand and right heel into the floor for balance. Lift their left leg parallel to the floor.

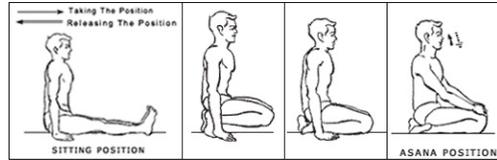
STEP 5: Raise their left hand. It should be aligned with their right hand. Bear their weight on the right leg.

STEP 6: Look up at their fingers. Stay in this pose for a few seconds.

				
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Sitting Asanas	<p>Padmasana</p> <p>STEP 1: With their palms down, sit on the floor with their legs fully stretched.</p> <p>STEP 2: Hold their right foot with their hands and put it over their left thigh until it reaches the groin. Their foot's outer edge should reach their hip's crease.</p> <p>STEP 3: Hold their right knee using their right hand while the other hand clasps their right foot.</p> <p>STEP 4: While their right foot is firmly placed over their left thigh, hold their left foot with both hands. Place their left foot over their right thigh. Their foot's outer edge should also reach their hip's crease.</p> <p>STEP 5: You have now achieved a full Lotus Asana. You can have their palms positioned upward, which is energizing or put them down which helps in grounding themselves.</p> <div data-bbox="504 954 1079 1220"> </div> <p>Vajrasana</p> <ol style="list-style-type: none"> 1. Encourage children to ; Fold the left leg in the knee and place the toe on the floor. 2. Fold the right leg in the knee and place the 	<div data-bbox="1115 970 1460 1120"> </div>	
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- toe on the floor and join the two toes.
 3. Sit on the pit formed by the parted heels.
 4. Place the palms on the knees.

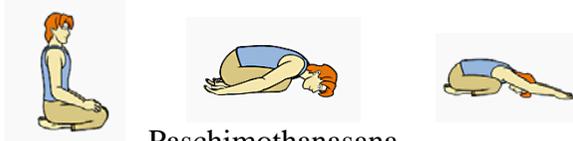


Balasana

STEP 1: Encourage children to; Kneel and sit on their feet with their heels pointing outward. Their knees should be separated, about the width of their hips.

STEP 2: Place their forehead on the floor, then swing their arms forward.

STEP 3: Rest their forehead on the floor, then bring their arms around and to their sides, palms facing upward.



STEP 1: Let children; Sit down with their legs stretched. The legs lie side by side and the toes point upwards. Stretch their lower back and raise their arms. Look forward, lengthen their back, and keep the chest and their breathing free.

STEP 2: Slowly bend forward, stretch their crown upward and try not to lose the supporting dynamism of the lower back. See to it that their legs do not move or tilt.

STEP 3: Encourage them to bending the lower back, move their hands to their lower legs, ankles or feet. Lightly pull their legs, ankles or feet and continue stretching.

Keep their shoulders down. Breathe in and out across the entire length of their spinal column deeply and in a relaxed way. Every time they exhale, they should bend further towards their legs without losing the length in their back and the dynamism in the lower back.

STEP 4: Stretch out their arms forward.

STEP 5: Slowly raise their upper body. Keep their legs lying side by side and the toes pointing upwards.

STEP 6: Sit straight up again, just like their original position.

Malasana

STEP 1: Bring their feet together and assume a squatting position. Turn their knees outside.

STEP 2: Lengthen their back by stretching their arms forward and bow their head. Try to find their balance in such a way that there is a stretching towards the pelvis and the upper

back is stretched lengthwise as a result of the fact that the back is stretched towards the floor. If they lose any of these stretches, it means that their position is not well-balanced. they can regain this subtle balance by changing the height of their heels above the ground.

STEP 3: If their back has the right dynamism, it feels as if they can lift their fingers from the ground. This means that they hardly rest on their arms. As their ankles and their back begin to relax more, their heels will move more and more towards the ground. Quietly let them steer their breath to the stiff parts of their body and let the relaxation do the work.



Ardha Matsyendrasana

STEP 1: Encourage children; to kneel and sit on their feet with their heels pointing outward.

STEP 2: Then sit to the right of their feet, as illustrated.

STEP 3: Lift their left leg over their right, placing their foot against the outside of the right knee. Bring their right heel in close to their buttocks. Keep the spine erect.

STEP 4: Stretch their arms out to the sides at shoulder level, and twist around to the left.

STEP 5: Now bring the right arm down on the outside of the left knee and hold their left foot with their right hand, placing their left hand on the floor behind you. As you exhale, twist as far as possible to the left. Look over the left shoulder.



Marichyasana

STEP 1: Encourage children to; Sit on the floor with both legs straight in front .

STEP 2: Bend their left leg towards their chest.

STEP 3: Rotate their torso toward their left knee. Wrap their right arm around the left knee, positioning the knee in the crook of the right elbow.

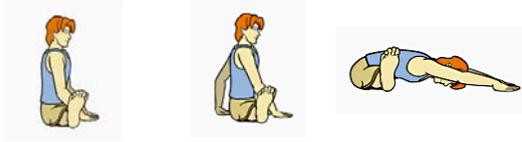
STEP 4: Clasp their hands. Keep their back straight all throughout the pose.



Upavista Konasana

	<p>STEP 1: Sit on the floor with their legs spread wide.</p> <p>STEP 2: Place one hand on the floor in front of you, one hand on the floor behind you, then lift their hips and scoot forward to their comfortable maximum. Then use their hands to pull the buttock flesh backward so their sitting bones can merge with the floor.</p> <p>STEP 3: Sit tall. Establish the leg lines first. Turn the legs in or out until the kneecaps face the ceiling and the inner edges of their feet are vertical. Be on the center of the back of each heel. Press the back of each thigh firmly down into the floor, extending the heels away from you, then spread their toes and press outward through the ball of each foot.</p> <p>STEP 4: Align their torso and elongate their core. First, bring their lower back forward into their body so their spine is erected, not rounded. Then lift their chest upward away from the pelvis, move the shoulders backward, tugging gently downward with the shoulder blades, and then bring the navel backward toward the spine. Bring their palms together in Namaste, prayer position.</p> <p>STEP 5: Lean forward and place their hands on the floor. Have their hands shoulder-width apart and their fingers spread. Snuggle their palms into the floor. Then wriggle the buttocks backward and position their self on the frontal edge of the sitting bones, in dog</p>		
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tilt, this will help propel their forward into the pose.



Adho Mukha Svanasana

 STEP 1: Let children come onto the floor on their hands and knees. Stretch the elbows and relax the upper back between the shoulder blades, which gives them the feeling that the arms fall into the shoulder blades.

 STEP 2: Exhale and lift their knees and draw their back backwards from the pelvis, so that their arms and back form one line.

 STEP 3: Stretch their legs in such a way that you get the feeling that someone behind you is pulling their legs and hips backwards from the top of their upper legs. Let their head hang down in a relaxed sort of way.

 STEP 4: When they have placed their back and their legs correctly, stretch out their arms. This results in a stretching from two sides of their back: a stretching from the

		<p>pelvis and a stretching from the arms. When the back and the chest are placed correctly, they will notice that they can quietly breathe in and out through the belly. They should not let their chest hang downwards or make their back extremely sunken. In this Asana, the back should be lengthened along its entire length. Take their time to work out the stretching further and further.</p>		
Sleeping Asanas		<p>Pavanmuktasana</p>  <p>STEP 1: Let children lie on the Yoga Mat.</p>  <p>STEP 2: Raise their left knee.</p>  <p>STEP 3: Wrap their hands around their left knee.</p>  <p>STEP 4: Raise their head towards their knee. Breathe, release. Repeat with the right leg. They can also do the rocking motion slowly with rhythm.</p> <p>Setu Bandhasana</p>		



STEP 1: Encourage children to; lie on their back with their knees bent, feet together. Keep their arms on their side, palms on the floor.

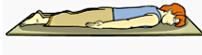


STEP 2: Lift the hips towards the ceiling, keeping their feet and palms flat on the floor.



STEP 3: Maintain their position in Step 2 and move their arms over their head.

Salabhasana



STEP 1: Let them lie on their stomach with their arms alongside their body, palms facing up. Their forehead rests on the floor.



STEP 2: Gently lift their head.



STEP 3: Lift their head, upper torso, and arms.



STEP 4: Lift their legs. Keep their arms parallel to the floor. You will be resting on their abdomen and lower ribs. Stay on this position for about a minute.

Matsyasana



STEP 1: Encourage Children to; Lie down on their back

with their legs straight and their feet together. Place their hands, palms down, underneath their thighs.



STEP 2: Pressing down on their elbows, inhale and arch their back. Drop their head back so that the top of their head is on the floor, but their weight should rest on their elbows. Exhale. Breathe deeply while in the position, keeping their legs and lower torso relaxed. To come out of the pose, lift their head and place it gently back down, then release the arms.

Dhanurasana



STEP 1: encourage children to; Lie on their stomach, arms on their sides, and palms facing upward.



STEP 2: Bend their knees. Bring their heels near their buttocks.



STEP 3: Reach back with their arms and grasp their ankles. Let their weight rest on their stomach and not on their pelvis.



STEP 4: Raise their knees further by pulling their ankles with their hands.

Bhujangasana



STEP 1: Encourage children to; Lie on their belly, while their head rests on their lower arms.



STEP 2: Raise their forehead, look upwards and stretch their hands backwards. Let their weight rest on their chest.



STEP 3: The head falls a little backwards towards their back and the backward movement proceeds from the neck and the chin. Move their belly further backward as if someone is pulling their arms. The weight is more and more shifted towards the belly and the lower back does the real work.



STEP 4: If you cannot raise their chest any further, put their hands and arms next to their chest on the mat without losing the bend. Stretch their arms so that they stand perpendicular on the floor



and at the same time turn their arms a little inward. Relax their lower back and bear their weight with their arms.

STEP 5: The buttock muscles remain relaxed during the exercise. Move their chest further upwards with every breathing out. Let them do this in a relaxed way instead of using force. Let them tilt their head back. The shoulders are broad in front and the shoulder blades remain low.

Urdhva Dhanurasana



STEP 1: Encourage children to; Lie on their back on their Yoga Mat. Pull in their legs and put their feet, somewhat turned inside, on the mat. However, do not pull them further apart than the distance of one hip end to the other.



STEP 2: Move their hands towards their head and spread their palms on the floor beside their head, their



fingers placed toward their shoulders.

STEP 3: Lift their hips, with their head still on the Yoga Mat.



STEP 4: Keep their feet and knees parallel as you push themselves up until they stand on the ground with the crown of their head.



STEP 5: Stand on their feet and stretch out their arms until they have assumed the complete bridge position. The arms are slightly bent inwards. Let their head fall backwards. The bending is brought about by with strength from their legs and with force from their arms. Aside from that, you try to achieve the bending through the entire back and not just through a few vertebrae. Look at the floor, and every time you exhale, try to bend the upper back further and further. Keep the knees together, stretch the legs without tightening the buttocks, relax the shoulders

		<p>and try to keep the angle of their wrists and hands 90 degrees. Get back quietly and repeat the exercise a number of times</p> <p>Halasana</p> <p> STEP 1: Let children lie down with their back on a Yoga Mat.</p> <p> STEP 2: Their shoulders should lie on the edge and their head rests on the mat. Their legs are drawn in and still stand on the mat.</p> <p> STEP 3: Lift their hips off the floor and bring their legs up, over and beyond their head.</p> <p> STEP 4: At this point, lift their back and move their legs further beyond their head.</p> <p> STEP 5: Straighten their spine and keep their back straight. Move their hands toward their back.</p>		
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STEP 6: Place their arms against their upper back and try to place their hands as near as possible to the shoulder blades. Try to place their elbows at shoulder-width. If you cannot do this, put them at a somewhat wider distance from each other. By stretching their back and through relaxation in the muscles and through their position the legs slowly move further and further backwards. Encourage them to relax the shoulders and the neck muscles through their breathing. If their breathing feels oppressed, the pressure in the heart area gets too big or their jaw is pinched off, let them walk backwards a little with their legs.

Slowly bring their legs, one by one, back to the mat, stretch their arms lengthwise away from you and slowly roll off their back downwards, vertebra by vertebra

Sarvangasana



STEP 1: encourage children to lie down with back on a Yoga Mat.



STEP 2: See to it that their shoulders should lie on the edge and their head rests on the mat. Their Legs are drawn in and still stand on the mat.



STEP 3: Encourage them to lift their hips off the floor and bring their legs up, over and beyond their head.



STEP 4: At this point, encourage them to lift their back and move their legs further beyond their head.



STEP 5: Straighten their spine and keep their back straight. Move their hands toward their back.



STEP 6: Place their arms against their upper back and try to place their hands as near as possible to the shoulder blades. Try to place their elbows at shoulder-width. If you cannot do this, put them at a somewhat



wider distance from each other. If you want, you can use a belt to keep the arms together.

STEP 7: Push their back upwards with their hands. You will get a force upwards coming from the seventh neck-vertebra. Let them use their hands to push the back forward with the result that it gets narrower and straighter and there is an increased pressure on their shoulders. At the same time, this requires more power of the muscles of the lower back. Rest their weight on the back side of the shoulders. See to it that you do not bend the upper back and the chest.



STEP 8: Lift up their legs, one at a time, and see to it that the pelvis is placed straight over their back and their hands. Their legs are placed a little forward. Divide the weight of their legs between the hands and the shoulders. Build up strength in the upper lower



		<p>back and give space to their chest and shoulder muscles.</p> <p>STEP 9: After some time, try placing their arms a little lower in the direction of the shoulder blades on their back. See to it that the elbows do not stand too far apart. Breathe in and out quietly and try to find their balance.</p> <p>Slowly bring their legs back to the mat, one by one, stretch out their arms (lengthwise), away from you and slowly roll their back downward.</p> <ol style="list-style-type: none">1. Rotate their legs in and out, and then let them fall gently out to the sides.2. Let their arms fall alongside their body, slightly separated from the body, palms facing upwards.3. Rotate the spine by turning their head from side to side to centre it.4. Then start stretching their self out, as though someone		
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		<p>is pulling their head away from their feet, their shoulders down and away from their neck, their legs down and away from their pelvis.</p> <p>5. Breathe deeply and slowly from their abdomen.</p> <p>6. Hold the pose for several minutes. Make their mind still and concentrate on their breath or the body.</p> <p>7. After doing the pose, bend their knees. Using their legs, push their self onto one side.</p> <p>8. Push theirselves in a sitting position.</p>		
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Savasana

A slight bending of the legs sees to it that the back remains straight and that the dynamism from the sacrum and the hip is maintained.



Wait until their shoulders start to relax more. Try to increase the right dynamism through the angle of the legs and via the hands.