









Class Plans




[these are teaching notes rather than class plans and are my own personal notes so there may be errors]



Date: 18th June 11

Title: Jawahar Convention 2011 Glasgow

	Teaching Notes	Equipment	Comments
 <p><small>(c)2007 - Pose Finder from www.MyYogaTeacher.net</small></p>	<p>Sequence to sensitise the body</p> <p>If you have an injury a very narrow AMS. OR Sirsasana</p>		
 <p><small>(c)2007 - Pose Finder from www.MyYogaTeacher.net</small></p>	<p>Sequence to sensitise the body</p> <p>Watch the effects on the arms elbow joint. Is the tightening of the elbows the same/different?</p> <p>Watch the skin where is it tight where is it soft?</p>		<p>Watch! You have very little sensitivity in the upper arms - triceps/bicep and also the upper legs</p> <p>Watch! the skin is the largest organ in the body - sense of touch</p>
 <p><small>(c)2007 - Pose Finder from www.MyYogaTeacher.net</small></p>	<p>Sequence to sensitise the body</p> <p>Watch the effects on the arms elbow joint. Is the tightening of the elbows the same/different?</p> <p>but now also ensure that the arms and legs are working in conjunction with each other.</p>		<p>You are always working to achieve equilibrium in the body - front and back - left and right side</p>

 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Sequence to sensitise the body</p> <p>Legs tend to go lose. Line up the centre of the knee</p>	
<p>STEP 1 Right click HERE to add a pose</p> <p>STEP 2 Select "Modify Image Properties" and LEFT click</p>	<p>Sequence to sensitise the body</p> <p>Repeat the sequence but work with increasing sensitivity.</p> <p>Learn to activate the joints</p> <p>Work from the feet > there is an upward energy from the feet.</p>	<p>Sirsasana: Don't arch the spine - the bottom ribs cage tends to arch.</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Sequence to sensitise the body</p> <p>Activate arms & legs.</p> <p>Take the arms forward, move shoulder blades in, upper arms into sockets.</p> <p>Eyes</p> <p>Keep vision of the eyes parallel as you take the arms up and follow all the way up with the eyes. Use the action of the arms to activate the Trapezius.</p> <p>Legs</p> <p>press feet, watch action of the lower leg - upper legs role inward. Make legs compact - single unit</p>	<p>Organs of Action</p> <p>Arms & legs are the organs of action - they must be firm.</p> <p>By using them you are utilising them for communicating for example watch how the hips narrow and the upper arms move in.</p> <p>Eyes: We use the eyes much more than the skin to give us feedback.</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Asanas</p> <p>Started by turning both feet forward ist and observing the action on the legs - legs become lose</p> <p>Re-grip upper legs. Strong upper leg action to create space in the trunk.</p> <p>Observe the action on the upper leg - strong lift of the knee cap. Lift ankle on the front leg foot.</p>	

	<p>Action of the trunk has to take the arms up</p> <p>The action is not just from the arms. The hip socket has to be strong - has to lift.</p> <p>Lift the arch of the front foot.</p> <p>Coming out:</p> <p>Come out from the trunk and extending into the middle finger</p>	
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Legs:</p> <p>Make a square with the front leg. Only then can you create the space in the trunk.</p>	<p>Space:</p> <p>The physical body has to achieve a certain amount of space to achieve an organic action [ie working on the vital organs, kidneys etc]</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Legs:</p> <p>Observe the upward action of the knee cap -top of the knee cap also moves deep in</p> <p>Where is the weight on the sole of the feet??</p>	<p>Skin is a sense organ too!</p> <p>We should knowingly use the skin as a sense organ in Asana practise most of us use the eye to communicate with the body too much.</p> <p>We should remember that Asanas not only act on the skin of the outer body but also on the inner lining of the skin, and on the nerve endings. Stimulating the skin therefore also has an effect on the central nervous system.</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Started by turning both feet forward ist and observing the action on the feet. Where is the weight. it should be equally distributed. Compare to Trikon</p> <p>Observe what happens to the back leg when you come out!</p> <p>Observe what happens to the back foot - sole of the back foot must not deviate as you go down. Press the little toe down to lift the arch of the foot.</p>	<p>Sequencing</p> <p>The importance of sequencing is partly that the sequence helps you to carry out actions more easily in one pose that you cannot do so easily in another. For example in the wide leg pose with feet turning to the front it is easy to get equal weight on the foot both inside & out.</p>

		<p>But in Trikon. the weight shifts - so what can you learn from the previous pose??</p> <p>Refer also to Tadasana in Part.2 of the notes where the action of the knee cap is difficult to achieve in this pose but easier in Trikon.</p>
<p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p> 	<p>Watch: the minute your fingers touch down, the back leg becomes inactive!</p> <p>As the hand touches down, form a square with the bent knee using the buttock bone. The dropping of the buttock bone frees the knee joint.</p>	<p>Organs of Action</p> <p><i>The action of the arms & legs must be "selfless" ie for the benefit of the organic body</i></p> <p>Arms & legs are organs of action - their role is to bring sensitivity into the body. See Trikon. the next pose as an example.</p> <p>The skin is the largest organ of the body but do we use this sensitivity - no! We use the eyes instead.</p>
<p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p> 	<p>In Trikon there is sensitivity in the lower limbs but very little sensitivity in the upper limb - the knee cap & the thigh.</p> <p>Q. How do you activate the thigh?</p> <p>A. If you move the knee cap deep in you can sensitise the back of the thigh</p>	