













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


Date: 18 June 2011

Title: Jawahar Convention Part 2

	Teaching Notes	Equipment	Comments
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>In Tadasana the sensitivity is in the lower limbs.</p> <p>Q. Is the knee cap straight? What is straight in Tadasana?</p> <p>A. The knee cap is at an angle in Tadasana as it is very difficult to lift the upper knee cap in Tadasana and to move the knee cap deep into the 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>Here the knee cap is at the correct angle. You still have to work to bring the upper knee cap in but here it is possible to learn the correct action.</p> <p>Once you take the knee cap deep in you can sensitize the back of the thigh.</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.</p> <p>Eg. Compare Tadasana knees to Trikonasana knees</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 thighs.</p> <p>Resist the upper leg. Notice how the whole of the front body wants to move forward > to correct, resist with the upper leg.</p> <p><u>Trikon:</u></p> <p>Lift the top knee cap of the front leg and then watch what happens to the op back leg? Then take the thigh closer to the bone</p>	<p>Organs of Action</p> <p>Lower trunk action comes from the legs</p> <p>Upper trunk action comes from the arms</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>When moving to the lft. the lft. arm pit and lft hip socket move in opposite directions</p> <p>Lock the rt. elbow and tip the buttock bone down - Dip!</p>	<p>Synchronisation</p> <p>Synchronise the buttock bone and finger tips - they should go down simultaneously.</p> <p>The bent leg hip is dull & the tail bone comes out because there is a degeneration in the hip - why because there is no grip in the hip socket. If the hips dont work in Parsvakonasana the hips dont work at all!</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Repeat</p> <p>Lengthen the outer muscle - this keeps the thigh bone in - the hip socket moves closer to the bone.</p> <p>Muscle should become flat</p> <p>Come up from the back buttock bone - synchronise</p>	<p><u>Synchronisation - is like a cart wheel</u> - the part furthest away from the hub comes into position last!</p> <p>To synchronise in this pose the arm/fingers come into position last.</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Look at the arms - follow the arms all the way up with the eyes</p> <p>Observe - is the whole arm gripping evenly - make an adjustment from the arms - the wrist.</p> <p>Make sure the arm bones are in their socket.</p>	
	<p>Witness what is happening on the back leg - on the skin - from the hip socket to</p>	

 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>the arms - to the wrist</p> <p>Lift the hip socket on the front leg - maintain the action on this leg</p> <p>The knee <u>must</u> be facing forward <u>not inward</u>. Role in from the hip socket to get a grip in the hip and the knee</p> <p>Always straighten the leg from the buttock bone. <u>Do not</u> straighten the leg from the knee!</p>	
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>The side of the back thigh has to face the side wall - therefore the entire back leg has to rotate from outer thigh to inner thigh & from inner thigh to outer.</p> <p>Even if the back heel lifts, rotate the <u>entire</u> back leg.</p> <p>Turn the hip in as you bend the front knee</p> <p>With the rt. hand turn the rt. hip</p> <p>Outer ankle, outer shin, outer thigh role in!</p> <p>From the back leg knee stretch forward toward the tail bone</p>	<p>Out of sight out of mind!</p> <p>Always focus on the limb that is out of sight. Out of sight out of mind!</p> <p>If the back leg is loose - the pressure goes on the front knee. From the back leg knee stretch forward toward tail bone tailbone</p>
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p>Observe the action of the front thighs</p> <p>Move closer to the bone</p>	
 <p>(c)2007 - Pose Finder from www.MyYogaTeacher.net</p>	<p><u>Help - to get the grip in the rt hip</u></p> <p>Do sideways against the wall with the rt. hip pressing into the wall. Teacher pushes outside hip with their knee. Or turn your back to the student and push your buttock into their hip</p> <p><u>Help - to get the rotation in the back leg</u></p> <p>Do with the whole of foot sideways against the wall and with the trunk at a 60% angle from the wall [angle is important]</p> <p>spin from the inner to the outer ankle as</p>	

	<p>you bend the knee</p> <p>Broaden the back of the thigh - it will come from the action of the front foot/ankle</p>	
	<p>Do against the wall keeping the heels grounded - watch the action on the upper legs</p> <p>Then watch the direction of the arms</p> <p>Then move hands forward and watch the knee cap - keep the lift of the knee and move it strongly to the back of the knee</p> <p>Lift all 10 toes</p> <p>With the palm of the hand move the thigh closer to the bone. Take palms further forward.</p>	<p>Should be a single stretch from the heel to the buttock bone</p> <p>It is the tiredness of the legs that will make you come down</p> <p>See how long you can stay with the attention on the legs</p>