

Download 4

Exercises to achieve Tittibhasana, Bhujapidasana.

The following set of exercises should only be done on advice from your doctor. If you are doing any of the following exercises without first consulting your teacher or having been shown them in class then you are doing them at your own risk. All the following exercises if done correctly are safe but I accept no responsibility if injury occurs.

As with all the previous exercises listen to your body and stop at the first sign of any discomfort or pain. Only move forward on to the next set of exercises when you feel you are ready

This sequence of exercises is for those of you who are working towards the Asana's after Navasana in the primary series. It places emphasis on the legs in particular the inner thighs. The homework exercises are now getting stronger so take care, listen to your body and continue with the back and abdominal exercises already given. **Enjoy!**

Vinyasa karma for Tittibhasana, Bhujapidasana and eventually Kurmasana (Don't try this yet)

1a. Deep sumo squat. 3x 5 breaths. Push knees into elbows, elbows into knees. Keep chest lifted. **1b.** Chopping wood 10x breaths. **1c.** Rest.



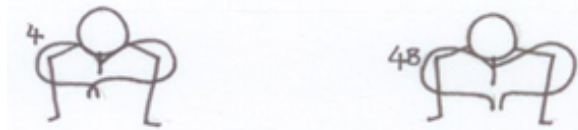
2. Pull up into a deep forward bend, pulling the hands up into the feet. 3x 5 breaths.



3. Hands under and around the back of the legs to hold onto the underside of the feet. Pull up into a deep forward bend, straightening the legs. 3x 5 breaths. **3b.** Repeat but with hands on the floor.



4. From position number 3 wiggle the feet forward in front of the hands, cross them squeezing the arms and the legs together, raise them slightly away from the floor, gaze nose. (**Bhujapidasana**) **4b.** Repeat this with the soles of the feet together.



5. From position **6** extend out one leg and hold for as many breaths as possible, then repeat with the other leg. **10.** Dropping the hips, bending the elbows until the back of the thighs rest on the triceps, wiggle the feet forward and lift them off the floor. **11.** If possible straighten the arms and the legs and point the toes, hold for 5x breaths. (**Tittibhasana**).



With these exercises, don't rush, take care and build up your strength slowly. Don't expect to go straight through to **11** in your first few weeks of trying. **As with any exercise program it is very important to listen to your own body and stop if you have any discomfort or pain.**

See you on the mat