

INVERTED FROG

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1. Stand in front of the fabric with the hips under the plumbline and the fabric behind. Grab the fabric with both hands wider than shoulder width apart. Push down on the fabric and hold it by the sides of your hips.
2. Begin to lower the upper body slightly down (this locks the fabric into place) and slide the hands up the fabric whilst lifting both legs up and wide.
3. Now surrender the entire upper body to towards the earth, bring your shins to the front of the fabric and the toes behind. To complete release your hands.



Benefits

Stretches the entire front of the body, ankles, thighs, groin, abdomen, chest and throat.
Strengthens the back muscles.
Improves posture.
Stimulates the organs of the abdomen.



Variation

Once students have mastered frog pose, challenge them to bring their feet into pray position.

All toes touching.

Anatomical Focus

Spine
Neck
Inner Legs



Therapeutic Applications

Constipation
Respiratory ailments
Mild backache
Fatigue
Anxiety
Emotional repression
Brain
Circulatory system
Lymphatic system



Cuing Tips

Surrender from the base of your spine to the top of your head,
Allow gravity to do its work.
Notice the space being created each between vertebrae.
Take three big deep breaths and on each exhalation relax further into the pose.

HALF PLANK HALF BRIDGE

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1. Sit on the floor facing the hammock and place your feet directly under your pumpline. Place the hands on the floor directly under your shoulders, fingers facing forwards.
2. Place one foot in the centre of the fabric and lift your hips to shoulder height. Bring the opposite leg into a right angle with the knee directly stacked over the ankle.



Variation
keeping your foot
hooked in the
fabric and pushing
your ankle down
firmly, bring the
bent bridge leg
half toward the
chest in half a
crunch, and
return. Repeat a
few times on each
side.

Anatomical Focus

Back of body
Arms
Shoulders
Wrists
Abdomen
Gluteus



Therapeutic Applications

Heart



Cuing Tips

Do not allow your hips
to dip when you lift the
opposite leg up off the
floor.

Do not forget to
breathe!

Allow your head to
drop back, this
encourages and opening
in the throat and throat
muscles.

Keep your arms
engaged and hands
pushing into the earth

Benefits

Strengthens the shoulders, arms and wrists.
Tones the abdomen and gluteus
Strengthens the legs and entire back of the body.

FLYING TREE

FLYING TREE

1. Stand behind the fabric so it is in front of you. Grab both the sides of the fabric firmly with your hands. Step in to the centre of the fabric and stand.. The material must be gathered under the arches of the feet.
2. Release one leg straight back, out to the side, then around to the front of the fabric. Place the foot on the the inside of the opposite thigh (harder option) or place it on the lower part of the leg (easier option), but not on the knee.
3. Bring the corresponding arm to the bent leg in FRONT of the fabric. Keep the opposite arm behind the fabric! Rest both palms together in prayer pose in front of the heart.



Anatomical Focus

Thighs



Therapeutic Applications

Balances left and right brain.



Cuing Tips

Push the foot of the bent leg firmly into the inner thigh or lower leg of standing this gains more stability in the pose and further engages your core.

Draw your navel to your spine, this further engages your core.

Keep your gaze fixed on a point this calms your mind and enhances balance.

Keep elongating up through the spine.

Benefits

Strengthens thighs, calves, ankles, and spine.

Stretches the groins inner thighs, chest and shoulders.

Improves sense of balance. Relieves sciatica and reduces flat feet.



EXTENDED FISH

EXTENDED FISH

1. Kneel down under the plumbline with the legs slightly apart.
2. Wrap your wrists around the fabric and lift your hips up slightly and begin to straighten your arms, slowly lowering the upper body down.
3. Begin to lift and open your chest to the sky and drop the head back.



Benefits

Boosts the immune system.
Stretches the hip flexors (psoas).
Stretches intercostals between the ribs.
Stretches and stimulates the muscles of the belly.
Opens the chest and heart chakra.
Stretches throat and stimulates the thyroid gland.
Strengthens and stretches the arms and shoulders.
Stretches and strengthens the quadriceps

Anatomical Focus

Belly
Chest
Spine
Arms
Neck



Therapeutic Applications

Constipation
All Respiratory ailments,
such as asthma and
bronchitis
Mild backache
Fatigue
Anxiety
Depression
Increases metabolism
Menstrual pain



Cuing Tips

Keep your arms engaged.
Lift your heart high to
the sky.
Relax your jaw and feel
the stretch at the front of
the throat.



HAMSTRING STRETCH

HAMSTRING STRETCH

1. Find your balance on one leg whilst you place the opposite ankle in the fabric with the toes facing the ceiling.
2. Reach for the fabric, grabbing each side with one hand. Hold it here and breathe.
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3. If the student is more flexible encourage them to push the fabric away from their body with straight arms and a straight spine.



Anatomical Focus

Legs



Therapeutic Applications

Digestion



Cuing Tips

Keep a firm pressure on the fabric with the front of your ankles. This allows you to have full control of the fabric whilst engaging your core muscles.

Keep your lifted foot flexed to protect the knee.
Engage the knee of the standing leg.



Benefits

Tones the abdomen.
Strengthens and stretches the leg.
Strengthens and stretches the arms.
Improves balance.
Balances the left and right brain.
Improves ability to focus.
Improves ability to concentrate