om body

Yoga Fusion

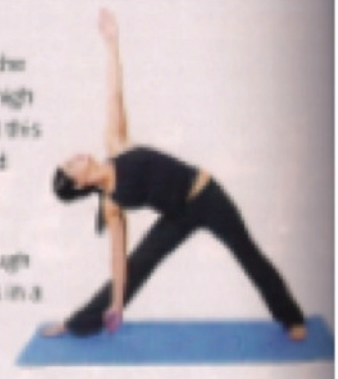
by Ladan Soltani

1 Pada Hastasana (Hands to feet pose)

Keep the heels fully grounded and make sure your body weight is in the balls of the feet and the legs remain active.

2 Trikonasana (The Triangle)

Make sure both legs are fully extended so the flesh above the knee is lifted and the upper thigh muscles contract as you hold this posture. The shoulders should stack on top of each other and the arms straight going away from each other as though someone is pulling your arms in a long straight line. Bring your gaze up to your fingers.



3 Prasarita padottanarasana (Wide-Legged Forward Bend)

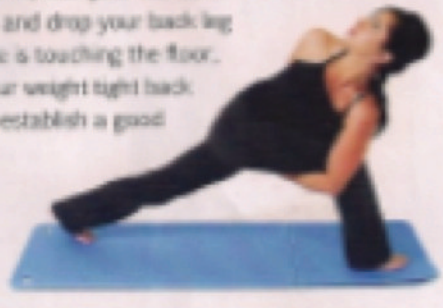
Slide the index finger and middle fingers between the big toes and the second toes so the fingertips are going inwards. Curl your fingers under and grab the big toes firmly, wrapping your thumbs around the two fingers to secure a grip. If you have an existing lower back problem, avoid the full bend until your back is stronger.

If your head does not touch the ground use a block and place the crown of the head on the block or alternatively, if you can't reach your toes, use a strap by placing it under the balls of each feet and pull the straps towards you as you lean forward.

Keep the weight centred in the balls of the feet and spine as long as possible. Keep the lower bandhas in the body engaged, paying special attention to uddiyana bandha (stomach lock) to keep your balance.

4 Parivrtta parsvakonasana (Revolving Side Angle)

If you are new to this posture, instead of a bind with the arms, take your hands in a prayer position and drop your back leg down so you knee is touching the floor. you may push your weight right back into your heal to establish a good firm base.



5 Virabhadrasana (The Warrior)

Keep your feet firmly on the ground, lifting everything from the hip upwards. Keep the lower bandhas engaged (mula and uddiyana bandhas). Look forward, bringing your gaze over the top of your fingertips.

6 Vrikshasana (The Tree)

When you're trying to keep your balance in this posture, find a fixed spot on the floor and concentrate all your efforts on staying focused on that point. As well as keeping focus, you can visualise yourself in this posture in your mind's eye as you're in the stance.

Also, you can establish a solid base by rooting your leg down and connecting it to the earth just like a tree. This goes back to manifesting your thoughts through visualisation. Keep the breath steady and relaxed. Beginners initially may use something to hold onto for support.

7 Kakasana (The Crow)

The most important tip for this asana is keep your gaze ahead to avoid rolling forward and gently allow yourself to get into the full posture.

8 Dhanurasana (The Bow)

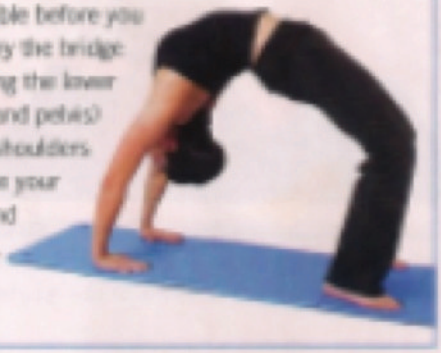
When going into this posture, it is important to lift your ankles up with your arms. Most people lift up their chest first and the aim is to use the strength of your upper body to lift apart. Beginners should try one leg up on one side at a time if you cannot clasp your ankles.

9 Pachimotthasana (Seated-forward bend)

When you come forward into the bend, try and lead from the base of the spine keeping the chest open, avoiding restriction, otherwise you will get a rounded back. Push your weight back into your tailbone as you reach forward and relax into the posture effortlessly.

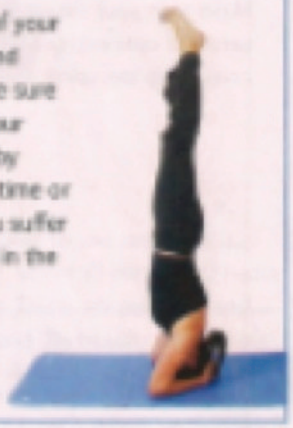
10 Chakrasana (The Wheel Pose)

This posture is very much aimed at the advanced practitioner, therefore if your back needs to get more flexible before you attempt this, you can try the bridge pose. This involves lifting the lower part of the body (hips and pelvis) keeping the head and shoulders on the ground. Interlace your arms on the floor behind your back to start with.



11 Sirsasana (The Headstand)

In this posture, make sure that most of your weight (50 per cent) is in your arms and not pressing on the head. Please make sure that your elbows are narrower than your shoulders. Beginners should practise by taking only one leg up and down at a time or use a wall as support. Avoid this if you suffer from high blood pressure. Always rest in the child's pose after the headstand.

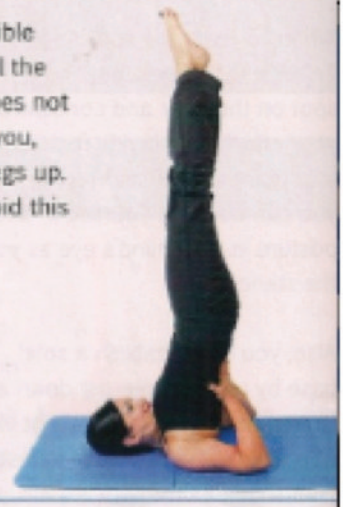


12 Balasana (The Child's Pose

This is the posture where you can really let go and surrender the body to deeply feel relaxed. During a yoga practise, if you need to rest at any time due to fatigue, a child's pose is highly recommended.

13 Sarvangasana (The Shoulder Stand)

If your back does not feel flexible enough to extend your legs all the way up or your upper body does not have the strength to support you, then use a wall to walk your legs up. If you have neck problems avoid this asana all together.



14 Matsyasana (The Fish Pose)

By holding this pose and bringing your awareness to the heart centre through the breath, one can help shift and remove physical and emotional blockages. Avoid this if you have a neck injury.

15 Savasana (The Corpse Pose)

During this section of the class make sure you wrap up warm because your body temperature starts to drop as you cool down. Really let the body and mind go completely to have a peaceful rest. However, it is important to stay conscious to reap the full benefits as it is very easy to fall asleep.

16 Prasarita padottanansana (Wide-Legged Forward Bend)

This is an advanced posture, therefore an alternative option would be to try sukasana, which is sitting upright in a cross-legged position. Some people may even find that difficult so you can sit upright in a chair for a meditation practice, however, the seated posture is recommended.

When first sitting down into this posture, use a cushion for support for your back. Make sure your sitting bones are grounded into the cushion and feel a great sense of connection to the earth. Plug into the earth's energy and visualise it coming up the spine, through the neck and up the crown of the head.