



## Going Upside Down

Inversions are to be praised for many reasons;

The practice of going upside down positively influences the cardiovascular, lymphatic, nervous & endocrine systems, whilst improving your focus and encouraging you to face fears. You will strengthen your body, develop self-awareness and gain a humble confidence in yourself.

*“Practiced without wisdom and compassion, inversions can lead to injury. But at their best, these poses sing up the spine and the body hums with joy”* – extract from Yoga Journal Everybody Upside-Down, Aug 2007

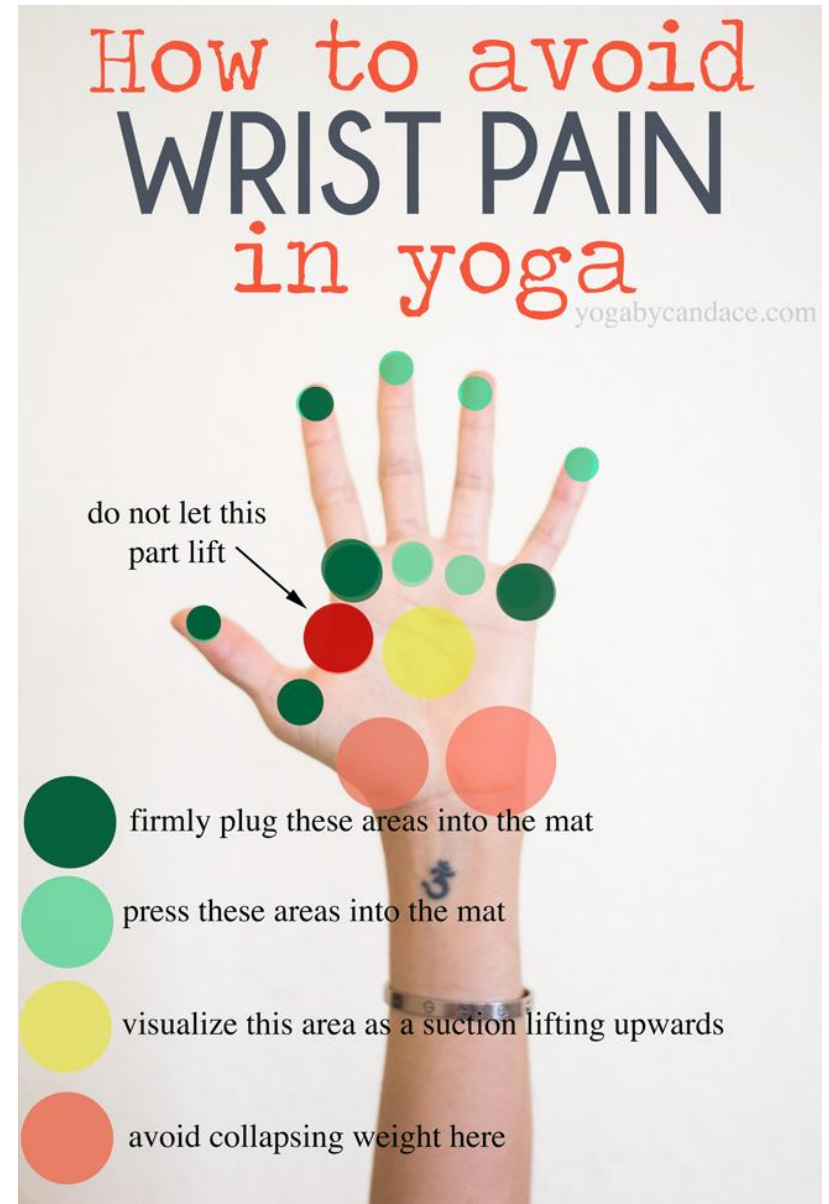
### How do you invert?

**Are you observing your alignment and any subtle body whispers?**

**Do you use your muscles to stay up there?**

**Do you observe your breath?**

*“Headstand and Shoulderstand are known as the king and queen of the asanas – and they can be rather cavalier with their subjects necks. Be smart but undaunted: They grant great boons to those who approach with respect”* – extract from Yoga Journal Everybody Upside-Down, Aug 2007



The wrists are prone to weakness. You have been practicing yoga for a while, so should have built up a base strength in your wrists, however ALWAYS be mindful of them. You cannot practice yoga without your wrists and it's very frustrating when you have to halt your training due to self-negligence! (trust me, I know....I did it!)

**YogaISH!**

Try these warm up wrist moves to prepare for loading. These can also be done at any time of day to keep your wrists healthy, especially if you are going to increase your inversion practice.



wrist curl



tilt back



"hammer"



wrist stretch



resistance press



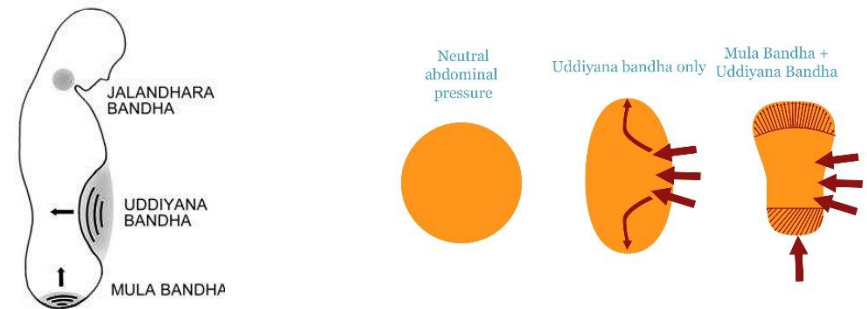
fist rotations

## The Art of Floating

**Pelvic Floor** – Mula Bandha

**Navel to spine** – Uddiyana Bandha

**Transverse Abdominus** – Corset Muscle / proper engagement = UP + IN



The pelvic floor runs from the pubic bone to tailbone, filling the space at the bottom of your pelvis, hence the pelvic Floor.

These are the muscles that kick everything into action.

They direct the TVA to contract and then the other muscles also turn on.

IMPORTANT. You are not efficient unless they work together.

Do you know how to engage your float muscles?

**Inversions included today**

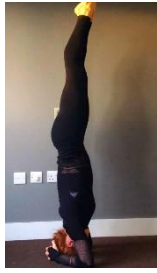
Clown



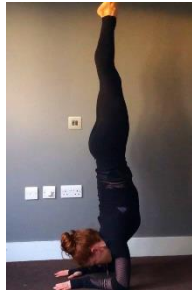
Tripod



Cradle



Pincha



Crow



Crane



Bridge



Crab



Plow



Handstand



**Floats included today**

Lolasana / Pendant



Floating Stick



8 angle



\*Float through – Downdog to seated

NOTES:

## Strength Builders

### Press Walk



### Bunny Hop Tucks



### Roll up V-sit -> Roll up lift



modification



### Full Boat Pose



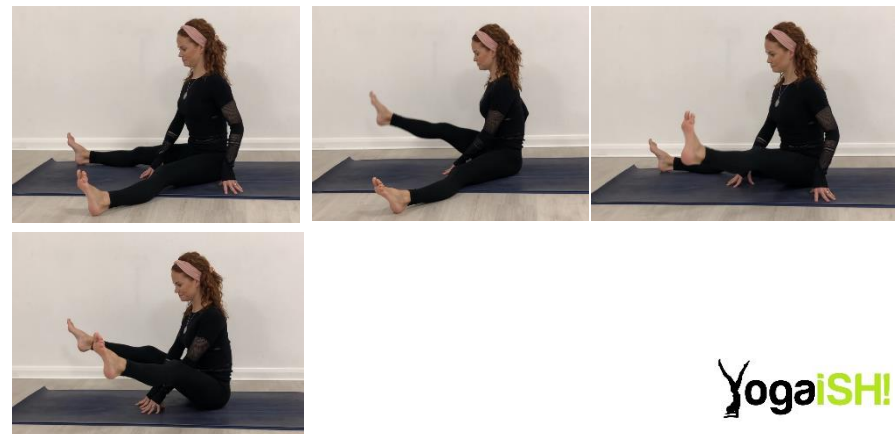
### Hollow Back Floor High Five



### Rocking Half Stick Lift

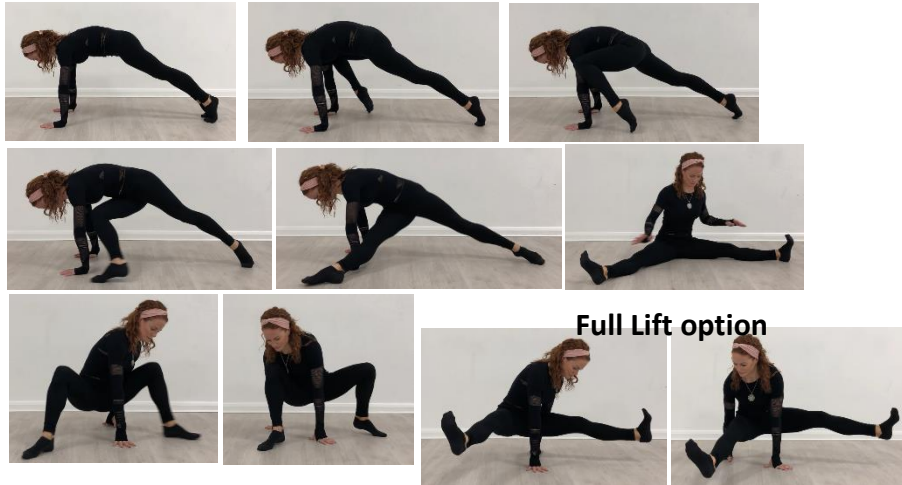


### Seated V Leg Lift. Sgl / Dbl

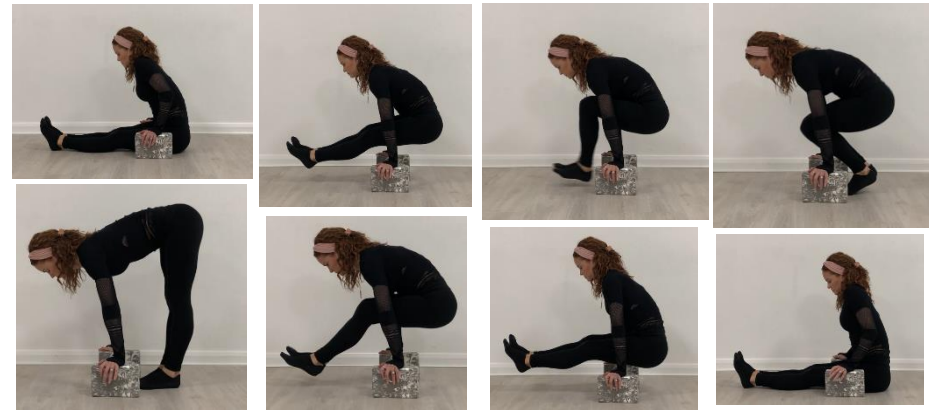


**Socks!!**

Plank Slides -> seated V bum slide / lift



Floating Stick -> standing fwd fold



Plank Pendulum slides

