

HOME PRACTICE SEQUENCE

Using the Wall

The following sequence uses the wall as a way to work with alignment and strength.

Model: Johanna Lane

Photos: Kathy Prekoski



1. Wall Dog: Form a 90 degree angle at the wall. Press hands into wall and pull thighs back.



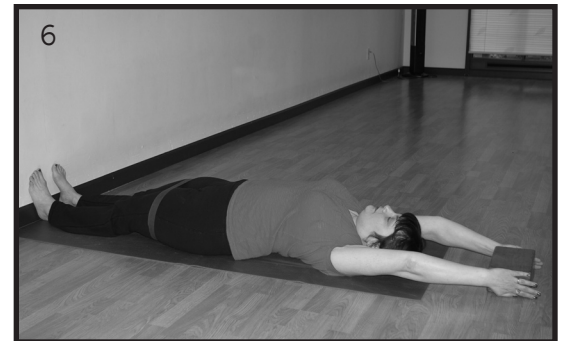
2. Downward Dog with heels on the wall and toes on the floor.



3. Lunge with heels on the wall and toes on the floor. Press back heel into the wall firmly.



4. Strap thighs midway between knees and hips. Lie on back with legs at 90 degrees. Push heels toward ceiling.



7. Plank on elbows with heels on the wall and toes on the floor. Press heels into wall.

5. Utkatasana with back against wall. Press lower spine into wall. Keep feet directly under knees.

6. Lie on back with thighs strapped and feet pressing into wall. With arms overhead, press hands into a block.



8. Savasana Corpse Pose

