



FLOW - BHUJAPIDASANA / ELEPHANT'S TRUNK

22-3-21

- o breathe
- o focus on shoulders & spine



Loosen body : circles
Cat/cow



 Cat/cow with flexed hands to feel shoulders

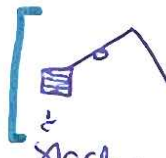

 hands behind head
side stretch (R+L)
(rest elbow on leg)




(IN) pull
(OUT) push

[ Cat = (IN) !
Cow = (OUT) !] Δ shoulder OR lift knees jump to

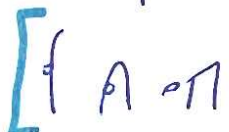



 Malasana + twist airplane (a bahasana for the knees & step to 

 open twist !  ... ] (R+L)

[ stick knee as high as possible to  knee to outside arm] (x3)
(R+L)

jump tw. + roll on back   liggende garudasana for core training
(IN) lengthen
(OUT) squeeze elbow/knees towards/into each other
+  ~~prone~~ liggende bahasana

roll up to standing (or)  bahasana

[ A = 11  open twist  with  hands behind head + elbow kisses to front knee]

 sun variation (gomukhasana arms)  ...  jump tw.] (R+L)

1) hands grab elbows

hands grab heels (knees can be bent)

(in) to squat
(out) to fw fold

2) malasana to windshield

variation =



without hands for core + go all the way to twist?

jump to belly



circle up & down on fingertips (with 1 knee out?)



hands inside

(etc)

grab ankle + backpack (bring shoulder under knee)

+ fly



(1 arm under leg)



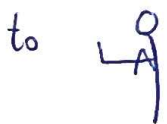
parshvahanasana + bind?



to



high wings with arms sarvangasana



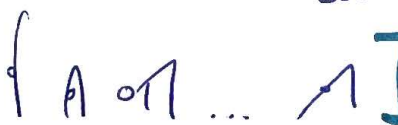
pull hands fw. (round back + squeeze knee in = half standing bakasana)



tree pose (or)



half lotus



(etc)

[step fw. Challenge: hands stay on floor]



leg as high as possible

+ airplane



step to



lizard pose!

lizard pose!



=>

or ... [K+L] jump to malasana

prep for BHUJAPIDASANA :

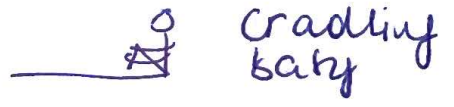
(A -> of jump to bhujapida?)
:)

slow vinyasa to stretch out

jump to sitting



twist



cradling baby

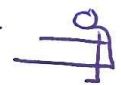
(+ tooshie massage)

to



to elephant's trunk

+ full expression of the pose = with top leg lifted



(from here astavakrasana = possible!)



stretch & relax

