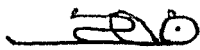


Task Two – Asana

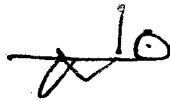
Hanumanasana – Front Splits

Supine

1. Knee to Chest



2. Half Lotus

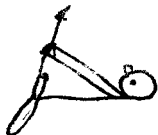


3. Knee to Chest

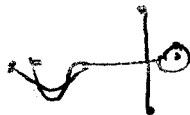
Other foot on thigh



4. Extend Leg



5. Eagle Twist



Repeat 1 to 5 on other side

Supine hand to big toe pose



Sitting forward bend (**Pascimottanasana**)



Vinyasa



One-legged supine hero pose (**Eka Pada Supta Virasana**)



Downward facing dog (**Adho Mukha Svanasana**)



Glenis Gummer
Assignment Six

1. Deep Lunge (**Virbhadrasana I**)
(Variation)



2. Hamstring stretch
(**Parsvottanasana**)



3. Crescent Moon



4. Forward Bend sitting on other foot



5. Quad stretch by picking up back foot.



Downward facing Dog then Repeat 1 to 5 on other side

Downward facing dog (**Adho Mukha Svanasana**)



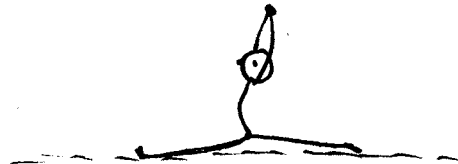
1. Sleeping Pigeon



2. Pigeon



3. Splits (**Hanumanasana**)



Myth

During mythological times Hanuman was Raman's, a king of ancient India, greatest devotee. Raman's brother Laksmana was severely wounded in a battle against the demon king Ravana and the only way to save him was with an herb that grew exclusively in the Himalayas. It appeared that Laksmana would die for it was an impossible task to travel to the Himalayas and back in time to save him.

Hanuman said he could accomplish this impossible task, and thereby taking one almighty leap that stretched all the way to the Himalayas from the south of India. Not sure what the herb looked like he picked up the whole mountain and took another almighty leap back to the battlefield. The healers found the herb and saved Laksmana's life.

It was because of Hanuman's intense devotion that allowed him to overcome the impossible and where Hanumanasana gets its name.

Glenis Gummer Ph 2996047

Please phone if you have any questions or concerns about any aspect of this program. I will be back at club on Wednesday 19th November to hear of your successes and pick up this comment sheet. Good Luck and happy and joyful stretching.

Comments

Could be on any of the below or any other effects you might experience good or not so good.

Taller spine

Openness of hips

Open more aligned and stronger lower back

Release of the groin enabling for an easier gait and a longer stride

Hamstrings and Quads more flexible

Also any emotional or mental experience you might have.

Others