

Postures: Sitting Sequence



Breath	Earth element	Bandha move	Observation
O/I 5 times	Sitting Bones	Slightly forward	Spine releases effortless through to crown of head. Check spine and shoulders are free.
Mod	Slightly bend knees until lower back is bowing forward in natural curvature.		



Breath	Earth element	Bandha move	Observation
O	Sitting bones	Into spine	Rotate inner thighs to release tension in spine. Soften behind knees. Draw bandhas into spine brings releasing lowest ribs towards knees. Back of the ears lifting slightly. Heart releasing away from navel.
I	Sitting Bones	Away from spine	Float up without lifting to exit.
Mods	Twist less, have hand on leg not floor.		



Breath	Earth element	Bandha move	Observation
O	Hands	Away from spine towards the front of the mat	Relax the shoulders, no lifting through the arms. NO lifting at all. Posture should feel effortless.
Mods	Keep the knees slightly bent, or just do the first stage		

Sitting sequence with modsv2

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Breath	Earth element	Bandha move	Observation
O	Sitting bones	Into spine	Roll inner things to keep hips released. Reverse to exit.
Mods	Place support under straight leg hip to avoid strain in opposite hip, knee and / or ankle		



Breath	Earth element	Bandha move	Observation
I	Sitting Bones	Away from spine	No strain in joints. Keep using bandhas to keep the open support needed
O	Sitting bones	Into spine	Elbows on floor, Bandha movement moves back of the head off the floor onto the crown without strain, Further bandha movement lifts body up, support gently through the elbows.
Mods	If knee starts lifting from floor, back out of the posture until the knee is relaxed on the floor again.		



Breath	Earth element	Bandha move	Observation
I	Sitting Bones	Away from spine	Leg lifts lightly
Mods	Bend the lifting knee, support the lifting knees hip.		

Half hero bound twist



Breath	Earth element	Bandha move	Observation
I	Sitting Bones	Away from spine to open lower back	Spine lengthens
O	Sitting bones	Draw UB /obliques towards half lotus hip	Press hand to floor under knee and take some weight into it if wrist comfortable
Mod	Foot against thigh not in half lotus, reduce degree of twist (no illust.)		

Bent leg forward bend



Breath	Earth element	Bandha move	Observation
O	Sitting Bones	Into spine	Release lowest ribs first, do not lead with head or heart.
Mods	Bend straight leg knee to maintain open and balanced lower back.		

Sage forward bend



Breath	Earth Element	Bandha	Observation
O	Sitting Bones	Into spine	Release lowest ribs first, do not lead with head or heart. Wait for full extent of forward bend before binding
I	Sitting bones	Away from spine	Optional exit, keep bind and bring knee back. Hip opening
Mods	Stay with both hands back to encourage release of hips		

Sage twist



Breath	Earth element	Bandha move	Observation
I	Sitting Bones	Away from spine	To bring lower back into balance. Position the toes pointing in towards your leg so rotation of the inner thigh draws the knee over without strain.
O	Sitting Bones	Use UB to draw the ribs around	All rotational action from the bandhas. Do not use the arm and shoulder to force spinal rotation. Keep arch alive in bent legs foot.
Mods	Do not bind if it causes hunching over		

Boat



Breath	Earth element	Bandha move	Observation
I	Sitting Bones	Away from spine	Legs lift weightlessly. Abs and quads not gripped.
Mod	Allow the legs to bend to keep the balance in the lower back.		

Var. Roll to standing



Breath	Earth element	Bandha move	Observation
O	Rolls up the spine	Away from spine	Rolling back lightly
I	Rolls down the spine to the sitting bones	Into the spine	Rolling forward lightly without momentum
Mods			

Extended Shoulder pressing pose



Breath	Earth element	Bandha move	Observation
I/O	Hands	Away from the spine	Lifts the heart forward and up, bringing the weight backwards, releasing the feet to extend forwards in balance. MUST had fingers and thumbs pointing forward. Rotate inner thighs to create intelligent strength without gripping in the hips or thighs. All joints soft and mobile.
Mods	Keep the back of the knees soft.		
Var.	Keep the knees bent.		

Crane



Breath	Earth element	Bandha move	Observation
O	Hands	Into spine	Release heart forward, rotate inner thighs to ensure secure joint with arms without tension in the hips or elsewhere. Do not 'rest' on elbows.
I	Hands	Into spine	Move bandha into spine more, allow bandhas to move over hands, legs become light. Continue to rotate inner thighs to encourage bandha control.
Mod.	Allow toes to remain on floor, practice bandhas into spine releasing weight over the hands and reversing this.		

Bound angle



Breath	Earth element	Bandha move	Observation
O	Sitting bones	Into spine	Release lower ribs forward, keep navel to heart long. Don't push through tensions but use DROPSS, return by reversing.



Breath	Earth element	Bandha move	Observation
I	Sitting bones	Away from spine	Heart releases away from navel, shoulders move behind line of sitting bones, legs lift weightlessly.



Breath	Earth element	Bandha move	Observation
O	Sitting bones then all way up spine as contact changes	Away from spine	Heart releases away from navel, shoulders move behind line of sitting bones, legs lift weightlessly. Continue to move bandhas, body rolls softly to floor. Feet are lightly on floor.
I	Backs of shoulders then down spine to sitting bones	Into spine	Body floats back without effort or momentum.
Mod	Keep knees bent		



Breath	Earth element	Bandha move	Observation
O	Buttocks	Away from spine	Leg raises effortlessly
O	Buttocks	To the left	Leg releases to the right. Keep L buttock on or close to floor. Reverse to return
O	Buttocks	Into spine	Heart drawn off the floor towards thigh
O	Buttocks	Into spine	Use breath and bandhas to keep the R hip spacious to allow freedom of reorientation.
Mod	Keep knee bent		



Breath	Earth element	Bandha move	Observation
As for sleeping angle above			
Var: continue to draw bandha into spine and release ribs to thighs			