

YOGA AND AGING

SHIFTING
PERSPECTIVE
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YOGA

LEARNING LAB
AGING AND THE INTERNAL ORGANS - A BALANCING ACT
PRESENTED BY RAHEL WASSERFALL
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What would a practice focusing on the organs look like?

This sequence aims at giving you an experience of a full practice focusing on the organs. These poses are taken from the group of poses suggested by Karin in her workshop, the sequencing is based on the Iyengar method of teaching.

Lying down on horizontal bolster SBK— heart opener, intestine stretch

Seated position- sukhasana UH, UB (arm stretches)

AMS (dog pose) hands on blocks

Arms stretches standing facing wall: UH head on wall to ardha utthanasana whole body/ organs are lifted, space for my organs, openers easier for blood and fluids to flow open the shutters of ribs cage or armpit chest.

Utthitha trikonasana (triangle)—liver --- with reaching to chair

Ardha chandrasana— half moon pose 2 ways: 1- back to wall, 2- facing wall to quiet the brain

Kouchasana/ Parighasana—liver --- with foot on chair

Utthita parsvokanasana side angle pose stretching the liver--- full but block or chair or in front of knee

Chair twist—kidneys and intestine anti gravitational muscles vertical and spiral you are creating diagonal pressure the intestine, lift and diagonal work the intestine in turning that works the back body

Maricyasana III sitting on a block on the chair

AMS (dog pose hands on chair) neutralizes the spine, back to normal
Ustrasana camel sacrum to chair, heart, kidneys (did not have time)
UMS Upper dog on chair block tilted pressure to lower bladder
Upavista janu sirsasana (no time)
Shoulder stand // lung and intestine (block under sacrum)
Setu bandha -2 ways (one like viparita dandasana, head edge of bolster and the other
shoulders on floor)
Viparita Karani legs up wall
Supported Savasana with breathing Ujayi