
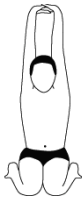



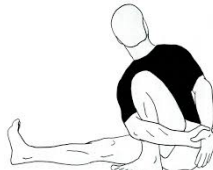



Dave's Arm Balance Sequence

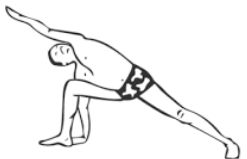

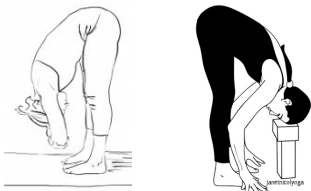
Start with the Invocation or just sit quietly to collect your attention and intention. This practice is designed to develop ease and lightness. Before beginning your practice contemplate what that would mean to you.

Begin with seated poses. Connect to the relationship between sit bones, groins, and hips.

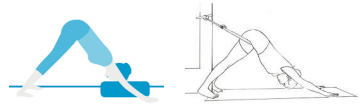



<p>Virasana and cycle place sit bones evenly on the floor (use block or blanket if needed)</p>	<p>Relax hips and groins Notice this relaxation allow the groins to deepen and the hips to drop</p>	
<p>Parvatasana in Virasana</p>	<p>Work the arms strongly Extend the rib cage upward Continue to relax the hips and groins</p>	
<p>Virasana forward</p>	<p>Deepen the groins backward Extend torso forward Rest your head</p>	
<p>Gomukhasana Use blanket support on top of the feet</p>	<p>Pin thighs together to help balance Sink the hips down Notice the effect on your hips and groins as compared to Virasana Change leg and arm crossing several times</p>	
<p>Malasana Support heels as needed</p>	<p>Release sit bones towards the floor Lengthen the back body Release any grip in the groins</p>	
<p>Marichyasana I Sit on height to lift low back</p>	<p>Descend the sit bones, Soften the groins Extend torso ahead of the bent leg, lift spine up away from descended sit bones Clasp hands, with a belt, if needed</p>	
<p>Marichyasana III * Sit on enough height so you can move your low back toward the bent leg thigh</p>	<p>Keep sit bones descending Maintain soft groins Broaden the back as your twist Retract the abdomen</p>	

*(if menstruating omit Marichyasana III and repeat Marichyasana I).

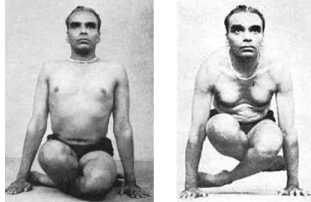




Next, a few standing poses to emphasize the groin opening. Deepen and soften the groins as you extend and twist your torso. Repeat the set of three at least twice. Do more if you notice your sensitivity increases with the repetitions.

<p>Utthita Parsvakonasana</p> <p>Prioritize sitting the bent leg buttock down, top thigh parallel to the floor</p>	<p>Make a deep square</p> <p>Extend both sides of the trunk fully</p>	
<p>Parivrtta Parsvakonasana (if menstruating do not do, repeat prior pose instead)</p> <p>Use wall for balance, try both your front to the wall, or back to the wall after the twist</p>	<p>Focus on making deep square again</p> <p>Extend the trunk as you twist</p> <p>Broaden your back</p>	
<p>Uttanasana</p>	<p>Notice the groin depth</p> <p>Lift the sit bones towards the ceiling to improve the groin depth</p> <p>Relax the head and abdomen</p> <p>Drape the torso softly against the effort in the legs</p>	

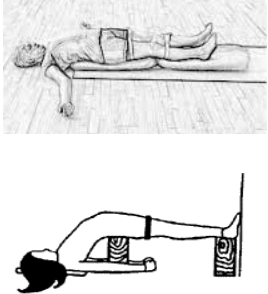
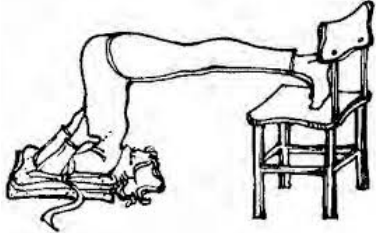
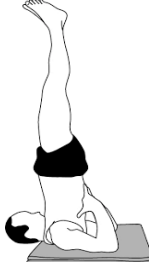
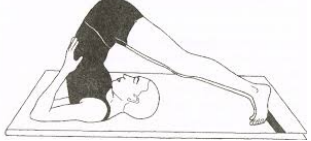
Now use your groin and hip awareness while practicing headstand. If menstruating substitute downward-facing dog with support. If you don't do headstand you can begin with Ardha Salamba Sirsasana, or substitute Down Dog with support

<p>Adho Mukha Svanasana</p>	<p>Notice the sit bones, with deep groins again</p>	
<p>Ardha Salamba Sirsasana</p>	<p>Pause here, notice what has improved/changed</p> <p>Use the depth of the groins and the extended torso developed in the first part of the practice</p>	
<p>Salamba Sirsasana</p>	<p>Maintain firm hips, but look for lightness.</p>	
<p>Adho Mukha Virasana</p>	<p>Buttocks on heels</p> <p>Head and neck resting</p>	

In the following set of arm balances if menstruating one can start the shape of the pose, but do not lift the legs. The last two are optional harder ones - if you want to continue, do! Search for ease in these difficult poses. Lola means swaying back and forth. Tola means a pair of balancing scales. Baka means a crane – this one is about to fly away.

<p>Lolasana Strap legs so shins are tight to thighs Use blocks under each hand Try to sway a bit</p>	<p>Keep your arms bent Lift legs by drawing abdomen into the spine and broadening the back, not by straightening the arms Breathe</p>	
<p>Tolasana - Sit in swastikasana, padmasana, ardha padmasana. Use belt to keep legs contained Use blocks under each hand Balance like scales of justice.</p>	<p>Lift crossed legs by drawing the abdomen into the spine and broadening the back Lift knees higher than buttocks</p>	
<p>Malasana</p>	<p>All the groin depth you've earned is needed here. Descend the buttocks Bring arms between thighs and transition to Bakasana</p>	
<p>Bakasana Soar like a crane.</p>	<p>Shift forward onto upper arms raising the heels. Once balancing, keep buttocks low Allow your weight to settle on upper arms to find some ease Begin to straighten arms</p>	
<p>Parsva Bakasana Wall support You can sense ease and rest in an otherwise challenging pose if you utilize wall support.</p>	<p>Malasana with one hip near a wall Twist and cross both arms across the thighs away from the wall Move weight onto upper arms Lift toes off the floor, or walk them up the wall</p>	

Finish with Sarvangasana. If menstruating, or you don't do shoulder, stand take Setubandha Sarvangasana with support including the feet elevated.

<p>Setubandha Sarvangasana</p>	<p>Create space in your chest, Elongate the legs</p>	
<p>Halasana Use proper height under the neck and shoulders Use height for toes if needed</p>	<p>Notice again what is working better or differently Lift legs one by one to shoulder stand</p>	
<p>Salamba Sarvangasana</p>	<p>Firm legs and hips can add to the sense of lightness</p>	
<p>Halasana</p>	<p>Imagine someone pulling your hips and upper thighs upwards Lift the groins to the ceiling Can you identify lightness and ease?</p>	
<p>Savasana</p>	<p>Place blanket or bolster under the knees Let the depth of your groins settle</p>	