



association
des graphistes
de l'ombre

Protect Yourself and your environment

<https://protectyourselfeu.com> - Project n. 2020-1-IT02-KA204-079033

Course 2, March 8th to 10th 2022, Marseille (FR)

Speaker : Isabelle Fornasari

Duration : 30'

Workshop 1 : About gentle yoga

Lie down on the floor and feel each part of your body in contact with it, then follow your inhalation and exhalation. Notice the air that fills your abdomen, Rising up under your collarbones.

Now sit down with crossed legs and make a slight contraction with your inspiration in the lower abdomen below the navel and try to hold it as you exhale lightly.

1. Moon salutation (kneeling)

- kneel down sitting on your heels.
- Inhale : raise your arms to the sky
- Exhale : put your arms and head on the ground.(child's pose)
- Inhale come on all four exhale into downward dog (looking towards the navel, anchor the heels firmly in the ground)
- Inhale on all fours, bring the shoulder blades together and do not arch the lower back too much.
- Exhale make the back round
- Inhale, come up hands on hips, tilt back slightly on the exhale,
- inhale come back and sit on your heels
- Exhale : stretch your hands out far out in front of your forehead on the floor, stay for 5 breaths.
- Repeat 3 x this sequence (depending on the level of the group)
- Then start again from the beginning to Downward dog
- Inhale : Bring the right foot to your hands put the left knee on the ground exhale
- Inhale : Raise your arms to the sky (look up to the sky) and stretch your bust well forward in exhale (feel the stretch on the right side)
- Idem Left side
- Back on the heels, then 4 legs , downward dog : Inhale : Bring the left foot to your hands put the right knee on the ground : Exhale
- Inhale : Raise your arms to the sky (look up to the sky) and stretch your bust well forward in Exhale
- Bend the knees back to standing position

Réseau
Européen
pour une
Communication
Responsable

Cité des Associations
Boite n° 80
93, La Canebière
13001 MARSEILLE
t +33 4 91 22 10 06

www.graphistesdelombre.org
contact@graphistesdelombre.org
Association loi 1901 n° W13303035
créée le 4 aout 2006

2. Stand up postures

- TRIKONASANA A
- Open the right leg with a big step, feet and legs on the same alignment, right hand on the right tibia, raise the left arm or place the left hand on the left hip (look at the left hand)
- PARSVAKONASANA B:
- Open the right leg with a wider stance,, place your right elbow on your right leg and raise your left arm (look in the direction of your left hand).
- Ditto left side

3. Sitting postures

- JANU SIRSASANA A
- bend right leg hold feet or ankles stay 5 breaths
- ditto : bend left leg
- PARVA JANU SIRSASANA
- slide the left hand behind the back to catch the right thigh
- Ditto : change the leg
- DANDASANA
- back straight keep hands on each side flat on the ground 5 breaths
- (looking towards the toes)
- SUPTA VINAYASA
- Slowly lower your back to the ground and raise your legs.
- HAPPY BB
- Take your feet by the outer edge and press your lumbar vertebrae firmly to the ground, breathe freely
- HALFBRIDGE
- Lift the pelvis and slightly contract the buttocks with your feet spread apart, width of the pelvis remain 5 B
- Bring the knees back against the chest, hands on the knees massage the sacrum in circular movements in both directions.
- PASCHIMOTTANASANA
- place the bust on the thighs to relax the back, slightly bend the knees.
- BADDHA KONASANA
- join the feet together and move the bust forward, stay for 5 breaths.
- keep the position of the feet and
- come and lie down then
- extend the legs

4. Savasana

- stay 2 minutes without moving, don't control anything anymore, put your whole body and mind on the ground, look at your thoughts as if they were clouds, don't get attached to them, you are present here and now....
- And then slowly move your feet and hands, stretch out, roll on your side, bend your legs and come back to sitting.

