






COMIC RELIEF PRACTICE SHEET – 'Work your legs' (30mins)

Poses 1-5 as for 'No time at all'

6. UHP 	<p>Start in Tadasana (1) face a shelf or chair at hip level. Raise up your right leg and put the heel on the chair. Keep hips level, put your belt around the ball of your right foot and pull back evenly with both hands. Keep back straight, lift the chest. Repeat with left leg raised. (30secs each side)</p>	7. Uttanasana 	<p>Stand with your feet shoulder width apart. Inhale and take the arms over the head, fold your elbows. Exhale and take the trunk and arms down. Keep your legs working by pulling up the thigh muscles. (1 min)</p>
8. Dandasana 	<p>Sit on the floor or on a block with your legs together stretched out in front with trunk upright. Extend the legs and knees and press them down into the floor. Push up from the floor with the hands but keep the shoulders down. Lift the chest, head in line with spine. (2 mins)</p>	9. Upavistakonasna 	<p>Sit in Dandasana. Take the legs as wide as possible. Keep the legs straight, stretch the heels away and keep the thighs and shins facing upwards. Hands behind you, level with the hips, lift the chest and keep the back straight. (2 mins)</p>
10. Supta Padangustasana 	<p>Lie on the floor with your feet pressed to a wall. Keep the left leg to the wall, bend right leg in towards the chest. Place a belt around the ball of your right foot, hold each side of the belt with each hand and stretch the right leg up until it becomes straight. Press left leg to the floor. Repeat other leg. (1 min per side)</p>	11. Janu Sirsasana 	<p>Sit in Dandasana. Keep the left leg straight, bend your right knee so that the thigh and calf muscle touch, let the outer side of the right knee go to the floor. Inhale, take the arms up exhale, go forwards and hold the foot. Look up, chest lifted, extend the spine forward and take head to the leg if possible. Repeat other side. (30secs per side)</p>
12. Paschimottanasana 	<p>Sit in Dandasana (6), exhale, lean forward and catch the feet using a belt if needed. Stretch the trunk up. Make the back concave. Lift the chest and look up. Keep the knees straight, exhale, bend forward over the legs, extend the front of the body and spine to go further forward and take head down. (1 min)</p>	13. Marichyasana III 	<p>Sit in Dandasana, on a lift. Bend your right leg and place the foot on the floor in line with the right buttock bone. Right hand behind you on the floor or brick and stretch the left arm upwards and then elbow over the outside of your right knee. Exhale and rotate your chest and shoulders to the right and turn your neck and head. Repeat to the left. (30secs per side)</p>
14. Sarvangasana + Halasana 	<p>Prepare your lift as shown. Head on floor, shoulders, upper arms on lift. On exhalation, take feet over onto the chair, lift the spine and support your back with your palms. Legs straight. (5mins + 3mins)</p>	15. Savasana 	<p>Lie down flat on your back, lie straight. Bend the knees initially to lengthen the buttocks, waist and hips towards the heels. (5mins)</p>