

**Symmetrics**  
**Class 8**  
**June 11, 2010**  
**Shoulders, Upper back and**  
**Thoracic spine**

Inspired by the teaching of  
**BKS Iyengar**  
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**Elevated bridge**

Press hands into floor or bolster to lift the chest and neck up. Feet, knees and hips aligned. Lift pelvis up, draw tailbone towards feet and feet neck flexed forward.



**Child's Pose**

Child's pose with forearms and head resting on bolster. Press fingers down and draw buttocks towards heels.



**Virasana with straps**

Sit on height with heels next to buttocks, front thighs roll inwards and knees together. Hold strap behind, roll shoulders back and extend elbows. Pulling strap away, come forward drawing the strap toward front.



**Prone Back**  
**Extension Poses**

**Modified Spinal stretch**

Similar to spinal stretch position, elbows on wall. Use elbows and upper arms to encourage the middle back to descend toward the sternum. Legs lift strongly as in all poses.

