

Knees Please

Linda Lang

We begin simply and gently ...
poised on a comfortable blanket
with lots of support for the knees
(Or in a chair if this is difficult for you
or painful)

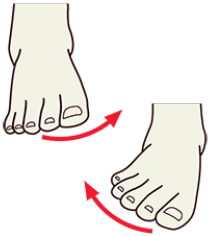


massage gently and thoroughly
all the way up the shins, too



"thumb" across the ball of the feet,
stretch and articulate every toe,
look for space between them

supinate and pronate, using a strap
do not move your knees ;)



this speaks to the physical experiences and sensations,
think of squinching the toes on the floor to lift the arches
(making a "fist" with your feet)

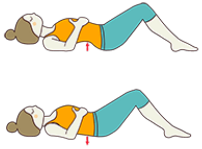
- ground the toes/
keep them wide
- create arch
- equal pressure
- feel the sensation



roll back and draw inward,
breath with a soft belly,
but hold the thighs, NOT the knees
and NOT the front of the shins



Rest into supportive bridge pose
and use the breath to undulate
inhale, naturally creating the upward arch
exhale, moving the spine to the floor



draw in again and rock back and forth
or side to side very very gently

you can stretch you legs skyward
if you wish



alternate one leg and then the other,
hold the low hip to lift that hip and
lengthen the lumbar spine
breathe gently and deeply



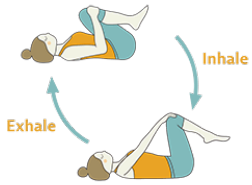
hug in deeply,
remember to hold the back of thighs,
rather than the knees as pictured



you can circle the knees to lubricate the hips
while resting the lumbar spine on the floor



taking our time to warm the body



protect the knees by keeping your feet flexed



continue with the strap, supinating and pronating



Go slowly into exploring an openness
at the top of each hip

keep the low belly engaged (muscles tightened)
to create restriction so that your leg would not travel
as far back as pictured

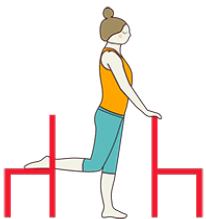


Practicing standing is always a great idea
after any periods of prolonged sitting ;)



another way to modify and hold this pose

you may gently press the top of the foot onto the chair



and then rest

this could be the end of a simple practice
to support a healthy spine and release any tension
from the belly and hips



rest deeply



After warming up, move to the wall ...



and stretch up into viparita karani
breathe deeply and gently with a soft belly



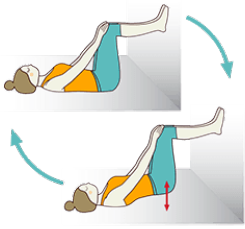
using a support, as you know, is an added benefit



move into this variation of a bridge pose
snuggle the shoulders under
palms rest facing upward (always)



Hold onto the wall with your toes and lift your hips



by pulling downward isometrically, (feet do not move)
and hold as long as it feels productive

Yoga Rx: repeat several times, twice a day

If you wish to practice lunges,
use a block to take the force out of the knee joint!



a wonderful stretch for the back leg,
a great heart opener,
just a challenge for vulnerable knees

Yoga RX: practice as soon as this feels safe

another variation to stretch the outer thigh



and yet another way to cross the midline to lengthen
the iliotibial band ... i like this because you are strengthening at the same time



This would be a strengthening exercise,
as it creates resistance for abduction.
You'd gently pull the knees away from the midline,
NO PAIN



Following the abduction above,
with this adduction of the thighs

gently draw knees toward the midline
and hold



back can be totally on the floor if you prefer

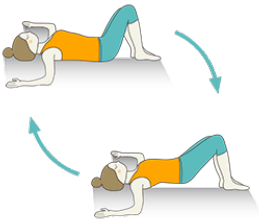
and rest, relax, recover



allow the knees to rest along the mid-line
as you step the feet to the outside of your mat
and allow the knees to touch at center



move into a gentle series of bridges,
very VERY low as pictured

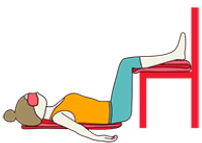


rest with arms overhead



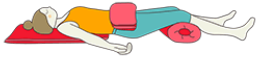
variations for savasana follow

the most important aspect of this pose is the quietude we create
when the body becomes still, when the breath follows its own rhythm,
and the mind is focusing on the effortless movement of the breath.



find the best possible posture for yourself
and rest deeply

err on the side of resting for a longer period of time



Yoga RX: you can gently press both knees into the bolster
while lying down, or if you prefer, sitting up!