

**Classplan Description:** Yoga poses for Stretching and Strengthening your feet. Improve overall foot health, flexibility and muscle tone through yoga postures that stretch and strengthen your feet muscles, lower legs and connective tissue. Provide articulation and improve range of motion and limber up stiff , underused feet.

	Pose Name	Pose Description	Pose Transition Comments
	Staff ( <i>Dandasana</i> )	1) Sit on the floor with your legs extended together in front of you. Draw your sit bones into the floor and away from your heels. 2) Contract the muscles in your legs, pressing them against the floor. Place the palm of your hands on the floor beside your hips and lift up through the spine. Flex your feet. Move your toes forwards and backwards. Rotate your ankles. 3) Flex your feet. Lift your chest and gaze forward, tucking your chin slightly downward. Relax your shoulders, and pull your abdominals in toward your spine. 4) Take 5 full breaths as you hold this pose. Repeating # 2 instructions for stretching your feet and ankles through the inhalations and exhalations	
	Bound Angle ( <i>Baddha Konasana</i> )	1) From the staff pose bring your knees towards your chest with your feet flat on the floor. 2) Exhale, and open hips, drawing your thighs to the floor. If your groin and inner thighs are very tight, place a folded blanket beneath your buttocks for elevation. Avoid pushing your knees down with your hands, or rounding your back. Use your hands to press your feet together, and keep the outside of your feet on the floor. 3) Draw your torso upwards and focus on keeping the spine in the neutral position. Your weight should be balanced evenly on your sit bones. Allow your hips to open farther, and your thighs to drop to the floor. You can "butterfly flutter" your legs if you cannot reach the floor. This will help with the extension. 4) Press the 4 corners of your feet together, and then grab the soles of your feet, drawing the toes away from each other, like "opening a book". Massage the ball of your foot and down your arches. 5) Hold this pose for 5 breaths repeating #4.	

	Pose Name	Pose Description	Pose Transition Comments
	Kneeling Sitting on Heels	<p>1) Come into a kneeling position with your thighs parallel, knees touching, pushing the top of your feet into the floor and then sit back on your heels. Place your hands on your thighs. Push your big toes slightly inward so that the tops of your feet lie flat on the floor. You should feel the stretch through the ankle, shins and the top of your feet. Hold this pose for 3 breaths.</p> <p>2) Rock forward placing the weight on your hands on the floor and tuck your toes under, sitting back onto your heels. Kneeling with your toes tucked under stretches the bottom of the feet and breaks up the tension in the soles of the feet. It is the good way to stretch the plantar muscles on the sole of the foot. Hold this pose for 3 breaths. See Transition comments for continuation</p>	<p>3) Rock forward placing the weight on your hands on the floor and tuck your toes so that you are sitting on the "necks" (knuckles) of the toes, and then sit back onto your heels carefully. Keep some weight balanced on your hands until you are comfortable in this pose. This is a great pose for stretching and articulating the toes to increase range of motion and limber up stiff underused feet. Hold this pose for 3 breaths.</p> <p>4) Alternate between the 3 variations for 3 rounds.</p>
	Mountain ( <i>Tadasana</i> )	<p>1) Stand with your feet hip width apart. Keeping your back straight and both arms pressed slightly against your sides, face your palms outward</p> <p>2) Lift all your toes and let them fan out and then gently drop them to create a wide, solid base.</p> <p>3) Rock from side to side, front to back, until you gradually bring your weight down evenly onto all four corners of your feet. (big toe mound, little toe mound, inner heel and outer heel).</p> <p>4) While balancing your weight evenly on your feet, slightly contract the muscles in your knees and thighs, rotating both thighs inward to create a widening of the sit bones. Tuck your tailbone in between the sit bones.</p> <p>5) Tighten you abdominals drawing them in slightly, maintaining a firm posture.</p> <p>6) Widen your collar bones, making sure that your shoulders are parallel to your pelvis.</p> <p>7) Lengthen your neck, so that the crown of your head rises toward the ceiling, and your shoulder blades slide down your back.</p> <p>8) Go to Transition comments</p>	<p>8) Hold pose for 10 breaths and on the inhalation and exhalation perform the following foot exercises</p> <p>1) Raise the toes towards the ceiling and distribute weight and press down onto the 4 corners of your feet. (big toe mound, little toe mound, outer heel, inner heel) Repeat 3 times. This activates the feet and arches.</p> <p>2) Stand on your "tippy toes" and then roll back on your heels. Repeat 3 times.</p> <p>3) Raise up your big toe keeping your little toes grounded. Reverse, Raising your little toes and keeping your big toes grounded. Repeat 3 times.</p>

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	Garland ( <i>Malasana</i> )	<ol style="list-style-type: none"> <li>1) Stand in mountain pose with feet shoulder-width apart and your chest and head aligned</li> <li>2) Keeping your heels on the floor extend your arms straight out in front of you. Bend your knees, folding your body forward and down by dropping your pelvis.</li> <li>3) Slightly separate your thighs wider than your torso (mat width). Exhale and lean your body forward, fitting it snugly in the space between your thighs</li> <li>4) Press your elbows against the side of your knees, and join your palms together, as if to pray, and then press your knees into your elbows. Avoid leaning forward or drooping your shoulders.</li> <li>5) Hold for 5 full breaths. Squatting with your knees up strengthens the muscles of the feet, toes and lower legs which help overall foot health.</li> <li>6) Exhale and sit back getting ready for Hero pose.</li> </ol>	
	Hero ( <i>Virasana</i> )	<ol style="list-style-type: none"> <li>1) From the Garland pose, kneel on your hands and knees on the floor. Your thighs should be parallel to each other and perpendicular to the floor and your feet should be angled wider than your hips.</li> <li>2) Bring your knees together until they touch, pushing the tops of your feet into the floor. Point your big toes slightly inward so that the tops of your feet lie flat on the floor. Lean forward slightly with your torso exhaling, and begin to sit back onto your buttocks.</li> <li>3) Sit on the floor with your buttocks in between your heels. Avoid turning the soles of your feet out to the sides or sitting on top of your heels.</li> <li>4) Lift your chest and press your shoulders back and down, lengthening the tailbone into the floor so that you are resting on your sit bones. Place your hands on top of your thighs. Pull your abdominals in towards your spine. If you experience pain in your knees, place a folded blanket beneath you to elevate your hips.</li> <li>5) Go to Transition Section.</li> </ol>	5) Hold the pose for 5 breaths. You can feel the top of your foot and ankles being stretched while your soles are being toned. Continued practice of the Hero pose will result in alignment of the tarsal bones as an outcome of applying pressure on the tops of the feet allowing the toes to spread. Strengthening the muscles of the feet helps recreate the arches.
	Mountain ( <i>Tadasana</i> )	Repeat the instructions from Yoga pose sequence 4 again.	

	Pose Name	Pose Description	Pose Transition Comments
	<p>Downward-Facing Dog (<i>Adho Mukha Svanasana</i>)</p>	<p>1) Kneel on your hands and knees with your knees directly below your hips. Stretch your hands out slightly in front of your shoulders with your fingertips facing forward. They should be placed one shoulder-width apart.</p> <p>2) Exhale and press against the floor, keeping your elbows straight but with a small micro bend to prevent overextending. Lift your sit bones up toward the ceiling and your knees away from the floor. Lengthen your hips away from your ribs to elongate your spine.</p> <p>3) Press your heels toward the floor, and contract your thighs to lengthen your spine further, and keep the pressure off your shoulders. Try to straighten your knees. If your hamstrings and shoulders are especially tight, practice the pose with your knees slightly bent and your heels lifted from the floor. Turn your thighs slightly inward, and broaden your chest and shoulders. Avoid sinking your shoulders into your armpits, creating an arch in your back, or rounding your spine.</p> <p>4) Go to transition</p>	<p>5) Rising on your toes lift your arches as high as possible, then extend the heels towards the floor to stretch the plantar fascia. The feet muscles are working while your arches lift and you are stretching the soles of your feet. Extending the heels towards the floor lengthens the plantar muscles. Achieving the downward extension of the heel to the floor takes time, so don't force it.</p> <p>6) Hold this pose for 5 breaths working the feet as described above.</p> <p>7) Step or walk the feet towards the hands then sit down for the next pose.</p>
	<p>Half Lotus (<i>Ardha Padmasana</i>)</p>	<p>Foot Massage &amp; Exercises as a gentle way to remove tension from the feet</p> <p>1) Sit in Staff Pose.(see #1) Lift up through your spine.</p> <p>2) Bend your right knee and open it to the side. Allow your hip to open and lower your right thigh to the floor.</p> <p>3) Lean forward slightly and grab your right shin with your hands. Place your right foot on the top of your left thigh, with your heel nestled against your groin. Make sure that the rotation is coming from your hips.</p> <p>4) Carefully position your left foot beneath your right thigh. Draw your knees closer together. Push into the floor with your groins to keep your sit bones on the floor. Avoid overextending your outer ankle.</p> <p>5) Extend upward through your spine and grab your right foot to prepare for the massage sequence. Hold the pose focused on your inhalations and exhalations through the massage sequence.</p> <p>7) See transition comments for continuation</p>	<p>8) Give your feet the following massage sequence</p> <p>1) Grab your toes and give them a good pull.</p> <p>2) Interlace your fingers between your toes and then make circles with your ankles.</p> <p>3) Give your foot a really good rub all over.</p> <p>4) Massage your big toe mound, your little toe mound and your entire sole of the foot and arches.</p> <p>5) Wring your foot like you would a wet towel, then make circles with your ankles</p> <p>9) Repeat the Half Lotus pose and massage sequence with your left foot</p>

	Pose Name	Pose Description	Pose Transition Comments
	Legs-Up-the-Wall <i>(Viparita Karani)</i>	<p>There are two ways to practice Viparita Karani: Using props as a supported pose, or without props. Both options will provide the same benefits, but the supported version may be more relaxing for some people. Both versions require a wall or other support upon which you can rest your legs.</p> <ol style="list-style-type: none"> <li>1. If you are practicing the supported version, set a bolster or firm, long pillow on the floor against the wall.</li> <li>2. Begin the pose by sitting with your left side against the wall. Your lower back should rest against the bolster, if you're using one.</li> <li>3. Gently turn your body to the left and bring your legs up onto the wall. If you are using a bolster, shift your lower back onto the bolster before bringing your legs up the wall. Use your hands for balance as you shift your weight.</li> <li>4. Lower your back to the floor and lie down. Ensure your legs and heels are resting against the wall. You should be close enough so that your buttocks are lightly touching the wall resting shoulders and head on the floor.</li> </ol>	<ol style="list-style-type: none"> <li>5. Let your thighs where they connect to your buttocks and hips release and relax, dropping toward the back of your pelvis.</li> <li>6. Close your eyes. Hold for 5 minutes, focusing on your breathing and relaxed state.</li> <li>7. Viparita Karani helps restore energy and oxygen to the leg and feet allowing blood and lymph fluid that has been pooling in the feet and ankles flow back into the body.</li> <li>8. To release, slowly push yourself away from the wall and slide your legs down to the right side. Use your hands to help press back up to a seated position.</li> </ol>
	Staff <i>(Dandasana)</i>	Repeat Staff Pose Instructions #1	