



Franziska's notes of the
300/500 h YTT with Rae Indigo
Part 2: The Awakened Touch

2018 Bern
Morning Practice Day 5
Yin Yoga Class

Today we're going to work a little bit more Tha.
 It means, today your attitude should be one of continuingly tuning in,
 as if nothing very interesting is happening outside.
 We keep taking back our attention back to what is playing out in the internal landscape.
 Noticing thoughts but not following them.
 Being aware of emotions but not following them.
 Noticing sensations but not following them (exception: unhealthy pain).
 Just as if you were aware, but they're not loud

There are 9 beginner drishtis (gazes).
 They give beginner students a place, to rest they're eyes,
 with the hope, that once they're eyes are rested there,
 they begin to return their attention back

Today I'm going to ask you to try practising more advanced drishtis.
 Closing the eyes directly and just naturally directing your attention to the internal landscape.
 For those of you, who have had explanation in bandhas and vayus, go into this level of the self, exploring and
 activation the webs, begin playing with the subtle pranas.
 What happens? What information comes?



walk your hands back / fingers facing forward / let your elbows bend
 walk them back until you feel the shoulders stretch /gently sway from side to side
 close your eyes / so ham breathing / bring your intention back to the internal landscape
 walk your hands back a little bit further



draw right shoulder forward looking over the left
 come back to neutral, draw your left shoulder forward
 back to neutral



walk your hands a little bit further back
 tuck your chin, lower your left ear towards your left shoulder
 let the heaviness of your head squish the muscles on the shoulder
 rock slightly / slowly come to the other side, rock slightly



come to neutral
 allow your head to go all the way back, so it is hanging back
 same thing, left ear to left shoulder, relaxing the muscles
 and right ear to right shoulder



back to neutral / tuck your chin / walk your hands a little bit further back
 now make circles with the ankles / and other direction

slowly straighten the arms / stretching the wrists / and roll up – stretch the fingers and release



right hand mushti mudra / place the back of the wrist place to your ribcage
 catch the elbow with your right knee or use your hand and squeeze
 gently rotate the shoulder internally / rock a little bit / close your eyes
 slowly release / circles with your shoulder / other side



Interlace your fingers and turn your palms facing your back flat down to the mat
 Keep your fingers interlaced or you can separate them
 Begin sliding your arms back until you feel the stretch
 With control draw yourself up and roll it out

Vinyasa 

 
 right foot on the block
 10 x lift hips up and down


 hold

 
 left foot to the calf / both hips forward facing
 straight back / forward fold
 spread your toes / breath into the hamstring


 interlace your fingers
 beneath your chin
 open the spine with circles


 take your left hand behind you - fingers face back
 lift hip up / extend the right side body
 palm of the right hand faces down



 
 cross your ankles (garuda legs)
 lean back on your elbows
 roll a little bit side to side, massaging the lower back

  
 draw your left knee towards your left shoulder
 extending the right leg out, spread your toes
 find your right abdominals and try to draw them in,
 tucking your pelvis a little bit
 allow your face to become blissful / switch legs


 bring your knees together,
 rocking a little bit side to side, massaging

 
 extend both your legs up and take the right one underneath
 rotate your left foot, so that it is at a 90° angle
 push with the left foot and pull with the right
 lower the legs down and hover,
 squeeze femur bones together, squeeze your belly
 release and switch legs

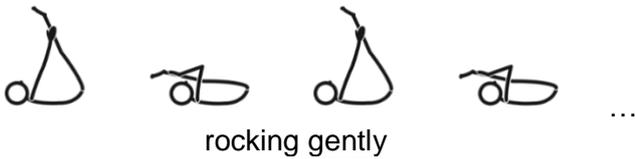

 lay down on your back - bend your knees – draw them towards your armpits
 inhale fully exhale (ahhhhh) inhale fully exhale (ahhhh) inhale fully exhale (ahhhhh)

    ...
 holding your calves - straightening the legs
 spread toes – slide your hands down your calves
 relax your belly - draw your chins towards your forehead
 gentle rocking motion

  ...
 bend right knee
 taking your left hand behind your ankle
 Very gently draw your foot towards
 your face (not chest)
 drawing in – release – drawing in –release


 Drawing your shin towards your forehead
 micro pulsations
 everything soft, just the arms are working

  
 arms over your head
 hover right leg over the ground
 to make it harder, pick up the left foot



rocking gently



happy baby



staff pose – lift and hold on blocks

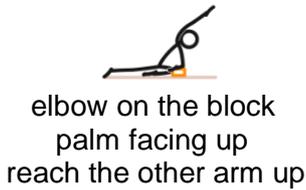
keep your feet active - hands free - fold the right knee out
pick up the leg - place ankle on the other leg – pick it up again
knee held high – extend and other leg - switch several times



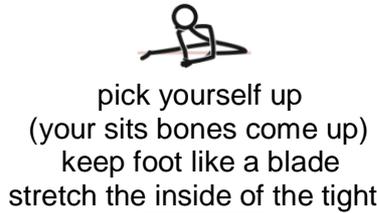
block between palms
squeeze legs, heel off the mat
hold - keep extending - tuck your chin



bring the block down in front of your heart - elbows out
actively push the block



elbow on the block
palm facing up
reach the other arm up



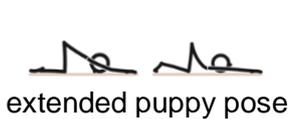
pick yourself up
(your sits bones come up)
keep foot like a blade
stretch the inside of the thigh



toe tips up
sweep arm up and reach
as if someone is pulling the arm



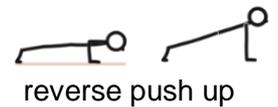
3 x up hold and down hold



extended puppy pose



shoulder opener



reverse push up



Side stretch



side plank variations



always stabilize after opening in a yin yoga pose



4 min. / frog pose with bolsters
become aware of thoughts – notice if your daydreaming
come back to your breathing into your kidneys – low into the lungs
meditate on the breathing- feel the prana swirl deeper – lower into the kidneys



place one foot in front of the other
squeeze a little bit



extended puppy pose



lizard pose



four limbed staff pose



upward facing dog



transition

4 min. / pigeon pose



slight back bend transition foot to the calf - forward fold

neck stretch transition flow through vinyasa

4 min. / wide angle forward fold



transition flow through vinyasa

4 min. / cow face pose with forward folding



flow through vinyasa

4 min. / reclining bound angle with bolster and strap



4 x vinyasa cross legged forward fold

Shavasana



Legs up the wall (at least 10 min.)



5 Om's



with your next inhale, lifting arms over your head in invitation of light to your life
 with the exhale drawing that in front of your heart in gesture of sharing with all beings
 thank you for joining me in this morning practise today
 Namasté