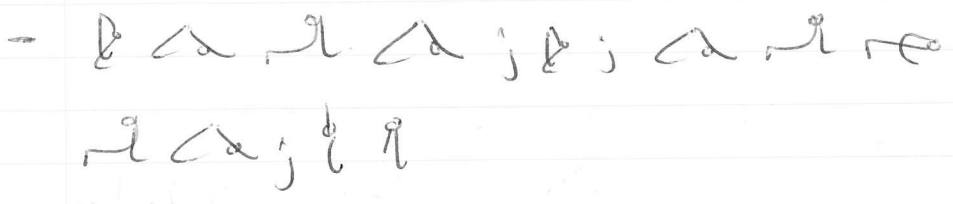


Sat 6/2/11 Childrens Class (8-9) Udaya Akhile
A. Souki

Onlies - run on spot - hands close to the body



- palm down jump & jump & jump & jump & jump
needs to buttack when you jump. (jump up higher to comb)



- class split - some upstairs (little ones)

- in turns on the stage & at walls.
(no noisy time)

Thick mats out - narrow end to stage.

whilst mats going out some of the are doing

Together



② ctd

↓ 1 2 3 4 5 6 7 8
D → U R I ~~R~~ R

↓ 1 2 3 4 5 6 7 8
a. 1 2 3 4 5 6 7 8
R R R R

(Dentii says - see how during - where is the beauty in your pose?)

↓ 1 2 3 4 5 6 7 8
(Arduha Siroon). (largish step) further.
EP. Siro
R/L/R/L

↓ sit in uruana & watch Udech
do 1 2 3

forearms sharp like a knife.

All do 1 2 3 (At back Dentii helping older ones to do full Siro)



↓
start in uruana w/ back to stage
place hands & then all can see stage.

1 2 3 R/L D 1

Those who can balance will stay here on the mats all others will get 1 balista.






Devlet demonstrated  Susan going up

  w blades behind so safe if fall.
she showed several ways
use blades for the fall




so 2 back legs on 1 leg st. than other on
jump & 2 less st.


All tried several in ~ 5 mins


 all sit in Podnason & watch Umkh.
demonstrate again shows how to keep
back chest lifted & to fall into Vesp Darden
so if you fall - legs go down & back stays up.

All tried for 5 mins.  & 
keeping sh blades in

 facing pattern  R/L/R/L

   R/L/R/L

 Saw. (thick mat / no props)

 Hal.      

(4)

at

to

to

to

to

to

to

(2 mins)

Saw ankles close together.
no talking (they were).
put bolster on legs.
eyes steady looking up.
no movement.

up & sit & ~~Sanskrit~~ Padmasana
one of Padmasana Uvāsan Siddhasan
Daksh palms
& invocation done Potanjali
& Gnan

- lifted up ego.

