

# 12 Cycle Asana

All descriptions given here are inspired out the ideas given from Heinz Grill in his book The Soul Dimension of Yoga

## 1. Lying Triangle

**Clear vertical line through the raised leg.**

Activity builds up in the solar plexus area, keep shoulders relaxed, favour straightness not height of leg.



## 2. Scales

**Lengthening in an expansive movement out of the of the solar plexus area.**

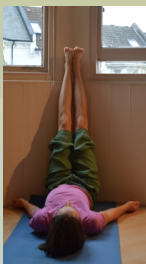
Weight goes onto the front foot, lengthen out of the solar plexus area into the spine and limbs, keep the upper spine relaxed and raise the back leg.



## 3. Shoulderstand

**A graceful vertical line rising lightly upwards out of the area at the heart.**

Not with force, but by coming together at the area of the heart and thinking of rising lightly upwards out of the heart.



## 4. Half bridge

**Arching spine, lungs raised out of usual, more sunken position, breath moves freely**

Decisively raise the hips upwards.



## 5. Head knee

**Spine lengthens far forwards over the legs below in a purposeful, co-ordinated way.**

Out of the solar plexus area lengthen forwards, remember to relax the upper spine and the movement will grow.



## 6. Cobra

**Observing and guiding a graceful backward curving bend**

Legs together, draw inwards to the tummy area.



### 7. Locust

**Independently raise the body upwards.**

Arms close together under the body, keep the hips level. Raise 1 leg then the other. When ready think strong impulse into legs and raise them upwards.



### 9. Side balancing triangle

**Out of the sacrum area a movement flows outwards into the legs.**

Weight onto the out turned foot, relax shoulders, with your concentration think into the legs, and raise the back leg. With time the hand comes closer to the ground.

Heinz Grill  
in the pose



### 8. Bow

**Dynamic activity out the solar plexus into the spine, limbs, in a purposeful way.**

Think from solar plexus into the legs, then raise, when carefully raise the head. A tension builds into the solar plexus as you guide the movement outwards in a purposeful way.



### 10. Standing head to knee

**Spine and arms glide forwards**

Tummy muscles, like drawing inwards towards the sacrum area and observe the spine gliding forwards.



### 11. Crow

**The heart area is lifted and is in the centre of this playful balancing pose**

Lift the chest up a little and take one foot off the ground at a time.



### 12. Triangle

**The body comes into a specific order and the side of the body lengthens in an exact sideways bend.**

Notice the stable base, the activity in solar plexus, and relaxation in upper spine.

