



# SHOCK AND TREMOR EARTHQUAKE PROGRAM

## Notes

1. The emotional strength in these students needs to be built up and that is what we need to work [on].
2. No standing poses. No backbends.
3. All poses should be done with eyes open (including savasana). [Students] can focus their eyes at any point in front or on the ceiling.
4. Ask the students to imagine [that] their eyes are located at the temples and ask them to "open" these eyes.
5. Do not insist on a perfect pose in the current situation. While breathing in any asana (especially supine) -- ask [students] to breathe in such a manner that the breath touches the lateral side of the chest during inhalation.



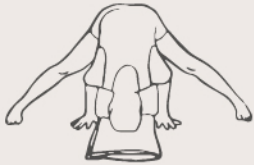
**1. Savasana** (corpse pose; can be done supported on a bolster or blankets)



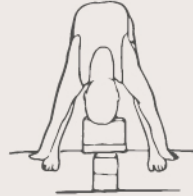
**2. Supta baddha konasana** (reclining bound angle pose; can be done supported on a bolster or blankets)



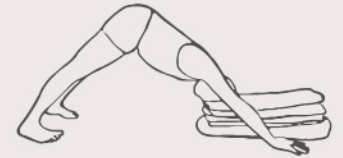
**3. Supta virasana** (reclining hero pose; can be done supported on a bolster or blankets)



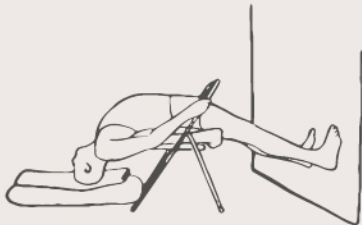
**4. Prasarita padottanasana** (with head support; wide-leg standing forward bend pose)



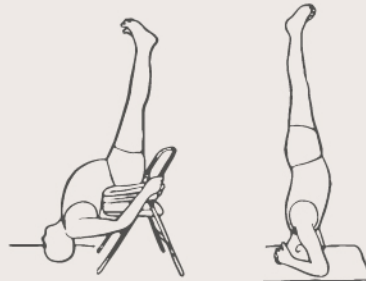
**5. Uttanasana** (with head support and legs spread apart; standing forward bend pose)



**6. Adho mukha svanasana** (with head support; downward facing dog pose)



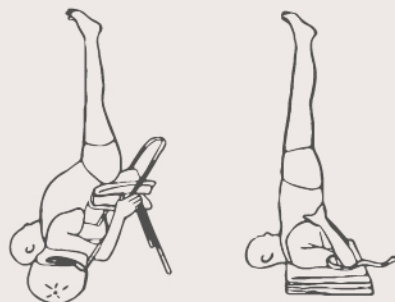
**7. Viparita dandasana** supported by a chair (with head support; inverted staff pose)



**8. Sirsasana - viparita karani** (headstand; if you're unfamiliar with the viparita karani version of this pose, do regular sirsasana)



**9. Setu bandha sarvangasana** (supported bridge pose)



**10. Sarvangasana- viparita karani** (shoulderstand; can be done supported on a chair; if you're unfamiliar with the viparita karani version of this pose, do regular sarvangasana)



**11. Pranayama: Antara kumbhaka** with a very short kumbhaka on the inhalation



**12. Savasana**