














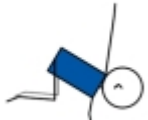















## Seated & Floor: Thread The Needle Peak Pose

 <p><b>Easy Neck Rolls</b></p>	 <p><b>Neck Relaxer</b></p>	 <p><b>Neck Stretch</b></p>	 <p><b>Cow Face</b></p>	 <p><b>Cradle Baby</b></p>	 <p><b>End Of Sequence</b></p>
 <p><b>Book Opening</b></p>	 <p><b>Bananasana</b></p>	 <p><b>Cat Pulling Tail</b></p>	 <p><b>Bridge</b></p>	 <p><b>Knees To Chest</b></p>	 <p><b>Knees To Head</b></p>
 <p><b>End Of Sequence</b></p>	 <p><b>Extended Child</b></p>	 <p><b>Thread The Needle</b></p>	 <p><b>Thread The Needle Arm Up</b></p>	 <p><b>Cat</b></p>	 <p><b>Cow</b></p>

 <p><b>Camel</b></p>	 <p><b>Cobra</b></p>	 <p><b>Crocodile</b></p>	 <p><b>Crocodile Side Turn</b></p>	 <p><b>End Of Sequence</b></p>	 <p><b>Staff</b></p>
 <p><b>Staff Knee Bend Circles</b></p>	 <p><b>Half Boat</b></p>	 <p><b>Rocking And Rolling</b></p>	 <p><b>End Of Sequence</b></p>	 <p><b>Savasana</b></p>	

## Lesson Plan Description:

**Overview:** This is a Yin seated and floor themed lesson plan with thread the needle as the peak pose. Thread the Needle Pose is a shoulder-releasing yoga posture that is suitable for all students, including beginners. If you have stiffness and pain in your back, shoulders, or neck, this pose can provide relief. Thread the Needle offers variations to suit your level of flexibility.

**Benefits:** Thread the needle pose, while complicated to get into, can give you a great stretch through the chest and shoulders. It also requires a gentle twisting motion that can help stretch and loosen the muscles in the low back. If you are dealing with chronic shoulder or back pain, this posture can help gently loosen the muscles and relieve tension. It stretches and opens the shoulders, chest, arms, upper back, and neck. It releases the tension that is commonly held in the upper back and between the shoulder blades. It provides a mild twist to the spine, which further reduces tension.

**Modifications:** Since Thread the Needle is a calming position, it's important to make whatever modifications you need to feel comfortable, safe, and supported in the pose.

*To lighten or deepen the intensity of the pose, try these simple changes:*

If knee caps hurt, fold mat-or place a firm blanket under knees.

If your wrists hurt in the starting position, place forearms on floor.

Place forearms on a-bolster-or stack of firm blankets to lift torso more upright. This variation is useful for women who are pregnant. Rest ear on bolster and let your threaded arm drop toward the floor.

For a deeper shoulder stretch, come into the full pose. Then, bring the lower arm of the elbow that is bent (the arm that is not doing the "threading") behind your body and rest the back of that hand on your low back. Your lower arm should remain on the floor with your palm facing up.

**Those with larger chests or stomachs, and women who are pregnant, can practice Thread The Needle at a wall, while standing:** Face wall standing arm's distance away. Press palms flat against the wall. Slide right arm beneath left arm. Bring right shoulder and ear to the wall. Hold for up to one minute. Repeat on opposite side.