

CRANE POSE

- Squat with your feet close together, working your heels to the floor.
- Place your hands shoulder width apart on the ground between your knees. Spread your fingers without tension.
- Move your trunk forward and rest the inside of your knees as high as possible on your upper arms.
- Bend elbows and come up on to ball of the feet.
- Lift your toes off the floor and balance by distributing your weight evenly through your palms.
- Aim to keep feet together.
- Lower your feet to the floor and relax.

Benefits

- Upper body strength and balance.

Beginners Advice

- Raise one foot at a time.
- Elbows bent pushing in to crease of knee.
- Slow rhythmical breathing.

Challenge

- To challenge the posture, straighten the arms.
- Bring knees higher up the arms.
- Increase time in the posture.

Adjustments / What to look for

- Controlled movement back the floor.
- Soft face.

