

## CROCODILE POSE

- Lie flat on the floor, face downwards.
- Bend elbows and place hands by the chest so wrists are directly under elbows.
- Feet hip width apart with toes tucked under.
- Exhale and raise the whole body 5cms above the floor, so the elbows form a right angle.
- Keep body long and straight from heels to head.

### Benefits

- Strengthens arms and wrists.
- Tones the abdomen.

### Beginners Advice

- Allow toes to be long and rest lower part of legs on the floor.
- Don't hold the pose beyond your limit - keep control.

### Challenge

- Slowly roll to the tops of your feet and shift the torso slightly forward, bringing the hands back beside your waist and increasing the challenge of the position.

### Adjustments / What to look for

- Keep back of knees pushing upwards and direct the tailbone towards the heels.
- Draw the abdominals up towards the ribs and in towards the spine.
- Keep the whole body stiff and parallel to the floor.
- Breathe deeply and slowly.

