

EAGLE POSE

- Begin in Mountain Pose (1) and place hands on hips.
- Bend at the knees, raise left leg over the right leg and hook left foot behind right calf.
- Release hands from hips and scoop the left arm under the right elbow with the left hand gripping the right thumb.
- Keep the elbows at shoulder height with little fingers away from face, look forward and extend head towards the ceiling.
- Repeat pose starting on the opposite foot, swap arm positions as well.

Benefits

- Improves balance and flexibility.
- Accesses shoulders and hips.
- Stabilises thighs, knees and ankles.
- Calms the mind.

Beginners Advice

- Keep eyes on a stationary point or use a wall to assist balance.
- Take leg and or arm as far into the pose as you can - flexibility will improve over time.
- Try Pretzel with Eagle Pose (51) as a lead in.

Challenge

- Be still and calm, breathing to any tension.
- Having even pressure across the sole of foot, not grabbing with the toes.
- Coming out of the pose as gracefully as getting into it.

Adjustments / What to look for

- Symmetry and balance.
- On the side the leg is on top the arm is under.
- The spine is long and the head is still.
- Gather as you inhale and lengthen as you exhale - soft face.

