

EXTENDED LATERAL LUNGE POSE

- Begin in Mountain Pose (1) and work through to Star Pose (6).
- Turn the right foot out 90 degrees and slowly bend the knee to a right angle.
- Keep the back leg straight by consciously driving the rear heel into the floor. Use this as your anchor point.
- Work the heel of the front foot into the ground, ensuring the knee is over the front foot.
- Take the right hand to the ground on the outside of right foot.
- Let the left arm come up over your ear and follow the line of the straight leg.
- Be calm and effortful to develop the posture. Repeat on other side.

Benefits

- Improves balance and flexibility.
- Stabilises thighs, knees and ankles.
- Calms the mind.
- Strengthens leg muscles and settles shoulders.

Beginners Advice

- Constantly be aware of the lower back lengthening.
- Ensure the bent front knee is over the shin and/or foot.
- Eliminate any forward or backward lean.
- Breathe to soften any resistance in the pose.
- Practice this posture using a wall or something similar to support and provide feedback.

Challenge

- Deepen the pose by sinking the hips whilst maintaining the posture.
- Reach raised arm to infinity and in a line with long leg.
- Lift and expand chest away from waist.
- Slide shoulder blades down your back and look up.
- Try eyes closed.

Adjustments / What to look for

- The line from ankle, hip, shoulder and finger tips of the long side.
- Shoulders are relaxed and away from ears.
- Legs are strong and actively pushing into the ground for support.
- Breath calmly and deeply.
- Come out of the pose with control.

