

GORILLA POSE

- Begin in Mountain Pose (1) and transition to Ragdoll (26).
- From ragdoll insert your hands under your feet so palms touch soles.
- Keep head up and make back as concave as possible, breathe slowly and deeply.
- When ready, exhale and move the head toward the knees.
- Bend the elbows and pull feet up with palms.
- Inhale, bend the knees and return to Mountain Pose.

Benefits

- Lengthens hamstrings, calves and hips.
- Calms the mind and improves blood flow to the brain.
- Stabilises thighs and knees.

Beginners Advice

- Begin with 'soft' (slightly bent) knees rather than locked knees.
- Spend short amounts of time in the posture to begin with.
- Practice 'letting go' when you are in this posture.
- Practice by using a wall behind as support in the posture.

Challenge

- The major challenge in this posture is to fully let go.
- Use the out breath to soften resistance and bring head gently to knees.
- Face a wall with your feet about 20cm away. Go into Rag doll pose and slide your back down the wall on exhalation. The wall provides feedback and adds to the intensity of this posture.

Adjustments / What to look for

- Using palms and arms to pull trunk down.
- Straight or straightening legs.
- Surrendering in the posture especially on the out breath.
- Breathing slowing, evenly and deeply.

