

KNEELING LATERAL TRUNK FLEXION

- Begin on knees with ankles together; create a straight line from knees to shoulders.
- Stretch the left leg sideways keeping it in line with shoulders.
- Inhale and bring arms to horizontal, exhale and slide upturned left palm down left leg toward the ankle.
- Move the right arm over the head and reach to infinity, keeping arms and trunk in line.
- Inhale and bring the left arm up and parallel with right arm, as if to catch a ball.
- Exhale and extend through finger tips, breathe slowly and deeply.
- Inhale and slowly return the arms to horizontal position, bring the left leg back to kneeling position.
- Repeat on the other side.

Benefits

- Improves posture and flexion of spine.
- Stabilises thighs, knees and ankles.
- Opens hips and shoulders.

Beginners Advice

- Constantly be aware of the lower back lengthening and coming 'out' of your hips.
- Keep ears away from shoulders.
- Use the breath to find comfort and ease.

Challenge

- Focus your attention on your breath- notice if your mind wanders to other thoughts, ideas or outside distractions and refocus back to your breath.
- Externally rotate the extended leg while keeping foot flat.

Adjustments / What to look for

- Create space between the tops of shoulders and the ears.
- Arms are parallel above head.
- The trunk, arms and extended leg are all in the same plane.
- Calmly enter and return from the pose.

