

LEGS WIDE POSE (ARMS OVER)

- Begin in Mountain Pose and move through to Star Pose.
- Establish a solid foundation through the feet, evenly distributing the weight front, back and sides.
- Clasp hands behind back intertwining the fingers with palms facing together.
- As the head is lowered establish a lengthening through the crown of the head, folding at the hips. The crown forms a natural straight line (neutral spine) with the tailbone.
- As the head moves toward the ground the arms move overhead and away from the tailbone.

Benefits

- Improves balance.
- Proprioception.
- Creates stability in the mind.
- Strengthens leg muscles.
- Lengthens hamstrings, calves.
- Opening shoulders and chest.
- Stimulation of the circulatory, nervous, endocrine systems due to inversion.

Beginners Advice

- Work toward the pose, breathing and maintaining a constant awareness of the spinal alignment.
- If hands come apart in the clasp allow the palms to separate whilst maintaining the finger bind. Or, holding onto a rope with the hands a small distance away from each other.

Challenge

- Holding the pose for more breathes. Investigate what the challenge of holding this posture creates in the mind or body.
- Repeat the posture a few times challenging the link between body and mind. Where does the mind go to?
- Deepen the pose by moving deeper into the legs whilst maintaining the correct posture.
- Deepen the breathes whilst holding the pose.
- Shorten the distance between the feet.

Adjustments / What to look for

- If hands come apart in the clasp allow the palms to separate whilst maintaining the finger bind. Or, holding onto a rope with the hands a small distance away from each other.
- Rounding into the upper back and concaving the chest to have head on the ground. It is important to maintain the length of the spine and not compromise the spine in order to get the head onto the floor. If the hamstrings are restricted, hold the pose where the spine is in correct alignment.

