

LEGS WIDE POSE (CONCAVE BACK)

- 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.
- Inhale as the arms are raised above the head and palms face each other. Work the shoulder blades down the back create space from the shoulder to the ears. Aim to lengthen from the tips of your fingers to tail bone.
- Create an awareness of support through the feet, noticing the balance evenly distributed throughout the entire foot.
- Extend the spine and arms, pivoting forward from the hips until there is a sense of resistance. Lower your arms from this position and place your hands on the floor between the feet.

Benefits

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

Beginners Advice

- Use a block placed under the shoulders to place your hands on in order to make contact with the ground.

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?
- Move the hands further back so the heels of the hands are in line with the heels of the feet.
- Deepen the pose by moving deeper into the legs whilst maintaining the correct posture.
- Deepen breathes whilst holding the pose.

Adjustments / What to look for

- Restrictions in the hamstrings cause some difficulty in reaching the ground. Either use a block as mentioned in the Beginner's, or slightly relax the knee joints.
- Falling weight onto the balls, or the heels of the feet. Attempt to allow an even distribution of weight.
- Even alignment of hips. Is one hip higher than the other?

