

LEGS WIDE POSE (HOLDING ANKLES)

- Begin in Legs Wide Pose (Concave Back).
- Establish a solid foundation through the feet, evenly distributing the weight front, back and sides.
- Take hands to ankles. Pull up from the ankles with the hands creating length through the spine.

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

- If the hamstrings are restricted then hold the legs at the calves or knees. Even in this position use the hands to pull against the legs to create length in the spine.

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.

Adjustments / What to look for

- Falling weight onto the balls, or the heel of the feet. Attempt to allow an even distribution of weight.
- Even alignment of hips. Is one hip higher than the other?
- Even placement of the hands on the ankles/calves or knees. This may generate an uneven 'pulling up' on the hips and spine.

