

## LEGS WIDE POSE (ROTATED)

- 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.
- From Star Pose, arms are extended out to the sides, parallel to the ground and at shoulder height.
- The head is lowered establish a lengthening through the crown of the head, folding at the hips. The crown forms a natural straight line with the tailbone, at the same time the arms are out wide. Take the left hand to the right ankle extending the right arm vertically up. Pull on the right ankle with the left hand to aid the rotation of the torso toward the right.
- Look up to the extended right hand whilst maintaining balanced hips. The hips should be parallel to the ground.
- Release the left hand from the right ankle come back to centre (Star). Repeat the movements on the other side.

### 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.
- Release of the mid (thoracic) spine. Rotation of the length of the spinal column.

### Beginners Advice

- Work toward the pose, breathing and maintaining a constant awareness of the spinal alignment.
- Hold the leg at any point (calf, knee) that allows rotation of 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.
- Shorten the distance between the feet.
- Establish balanced hips.

### Adjustments / What to look for

- The hip tends to move up and back toward the direction of the vertically extended arm. Adjust the hip of the vertically extended arm down and forward.
- Falling weight onto the balls, or the heels of the feet. Attempt to balance and allow an even distribution of weight.

