

## PRAYER POSITION WITH BENT OVER WARRIOR

- Begin in Mountain Pose (1) and work through to Star Pose (6).
- Bring palms together behind back (prayer position) or hold both elbows.
- Turn the right foot out 90 degrees and allow the hips and shoulders to follow while bringing back foot to 45 degrees.
- Hips and chest face the right leg - use your belly button as a guide it should face in the same direction as your right knee.
- Bend forward from the hips, lift collarbone and lengthen spine, bring chest towards knee.
- Aim to have spine parallel to the ground with gaze to the forward foot, breathe.
- Inhale and lift head and torso to upright, turn feet to other side and repeat.

### Benefits

- Improves balance and flexibility of shoulders.
- Stabilises thighs, knees and ankles.
- Calms the mind.
- Strengthens leg muscles.

### Beginners Advice

- Constantly be aware of the back lengthening whilst keeping shoulders away from the ears.
- Aim to hold straight lines through legs and trunk and breathe calmly to any tightness.
- Hold wrists behind back.

### Challenge

- Challenge the balance aspect of this posture by closing your eyes.
- Focus your attention on your breath- notice if your mind wanders to other thoughts, ideas or outside distractions and refocus back to your breath.
- Keep even pressure between palms.
- Pull knee caps up and keep energy in the legs.

### Adjustments / What to look for

- Straight lines through legs and horizontal trunk.
- Legs are strong and straight as possible with back foot on the ground at a 45 degree angle.
- Maintain hips and shoulders in a horizontal plane.
- Check for even distribution of weight between both feet.
- Gather as you inhale and lengthen as you exhale - soft face.

