

PRETZEL WITH EAGLE

- From a seated position, bring the right leg underneath you, so that the right knee is at the midline of the body and the right heel is just outside the left buttock.
- Bring the left leg over the top so that the left knee is on top of the right.
- Sit up out of your pelvis and elongate the spine.
- The pelvis should be square with the navel facing forward.
- Extend your right arm in front of you and place the left elbow underneath it.
- Wrap the left forearm around the right, with the left palm facing the right palm and the little fingers facing away from the face.
- Bring your upper arms to horizontal.
- Repeat on the other side.

Benefits

- Lengthening and softening through the buttocks.
- Shoulder flexibility.
- Activation of the postural stabilisers.

Beginners Advice

- Don't be too concerned if you can't get your palms together in the eagle, remembering that all poses are works in progress.
- Tight buttocks might mean that you forget about the eagle and persist with the pretzel until you can hold your spine vertical, as you don't want to promote poor posture.
- Breathe deeply and rhythmically.

Challenge

- Staying in the pose for longer.
- Pushing forward and up with the elbows and hands.
- Folding at the hips whilst maintaining a long spine to increase the leverage on the buttocks.

Adjustments / What to look for

- Shoulders broad and away from the ears.
- A long straight spine.
- Weight even through both the sitting bones.

