

PRONE GLUTE

- Set up in Plank Pose (55).
- Bring your right leg forward and place right foot behind left hand.
- Your right shin should be as close to parallel with the line of the hands as possible.
- Gradually lower your hips to the floor aiming to have hands, front shin and hips as three parallel lines.
- Walk your hands out and aim to rest your chest on the front shin.
- Extend through the back leg and top of head, breathe.
- Walk hands back to shin, resume Plank Pose and change sides.

Benefits

- Loosening of lower back and gluteus.
- Access to hips and groins.
- Becoming aware of gradual softening in the body.

Beginners Advice

- Only lower yourself to where you can go, aim to get down to elbows to start with.
- Try not to compromise the line of the front shin.
- Take it slowly and gradually as you sink downwards, 'listen' to your body.

Challenge

- Flatten your body to the ground over front shin.
- Keep front shin at right angles to spine.
- Put back foot on a block for deeper pose.

Adjustments / What to look for

- Front foot slipping back towards hips.
- Any feedback from knees that may indicate injury.
- Straight body from head to heels with length in the spine.
- Breathe slowly and deeply - use the out breath to release the tension.

