

PRONE POSTURE (ELBOWS ABDUCTED)

- Lie on the floor, face downwards with legs straight.
- Lift up onto elbows keeping them under the line of shoulders and bring hands to midline.
- Interlock your fingers and push the forearms into the floor.
- Tuck your toes under and engage leg muscles.
- Draw your belly button to your spine and slowly lift your trunk off the floor.
- Drop your shoulders down away from your ears and extend the spine from your head to the tailbone.
- Keep a straight line from your ankles to the top of your head with your knees, hips and shoulders sitting on that line.
- Push the ground away evenly and breathe slowly and deeply.

Benefits

- Improves core and upper body strength.
- Challenges resilience.
- Brings attention to inner focus.

Beginners Advice

- Hold for as long as you can with good technique.
- Breathe deeply and slowly.
- Keep body as straight and long as possible.

Challenge

- Stay in the posture for more breaths and/or repeat the posture a number of times with minimal rest in between.
- Investigate what the challenges of holding this posture creates in the mind and body.

Adjustments / What to look for

- Excessive curvature of the spine. Remember neutral spine position; draw in belly button and lengthen from the heels to tailbone to top of head. A long spine is desirable during this posture.
- Holding breath. Breathing is the key to a more comfortable challenge.

