

## PRONE POSTURE (ELBOWS FLEXED)

- Lie on the floor, face downwards with legs straight.
- Lift up onto elbows keeping them under the line of the shoulders.
- Place feet hip width apart.
- Tuck your toes under and engage leg muscles.
- Draw your belly button to your spine and slowly lift your body 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 heels to the top of your head with your knees, hips and shoulders sitting along that line.
- Push the ground away evenly and breathe slowly and deeply.

### Benefits

- Improves core and upper body strength.

### Beginners Advice

- Hold for as long as you can with good technique.
- Breathe deeply and slowly - softening and lengthening with the out breath.
- Keep the back of the knees pushing upwards and direct the tailbone towards the heels.
- Keep the whole body straight like a plank of wood, from head to heel.

### Challenge

- As the position becomes comfortable, begin to take the elbows backwards toward the hips, so that the elbow angle is more flexed. This will place more load on to the triceps.
- Stay in the posture for more breaths and/or repeat the posture a number of times with minimal rest in between.
- What does the challenge of the posture create in your mind and body? Investigate.

### Adjustments / What to look for

- Developing a 'sagging' back. Remember to keep a straight line from your heels to the top of your head.
- Return to the ground calmly and slowly - don't over hold the pose.
- Keep the head in line with the spine. Lengthen the back of the neck.

