

## ROLLING BOW POSE

- Begin in bow pose ( 37 ) and start to rock side to side until you have enough momentum to roll onto your side - stretch in that position.
- Look at ceiling and hold for 5 breaths.
- Inhale and on exhalation, roll to other side and repeat.
- Do this a number of times.

### Benefits

- Extends quadriceps.

### Beginners Advice

- Ensure start position is true before rolling.
- Have a partner assist you.

### Challenge

- Remain in position continuing to extend.
- Take breath into areas of resistance.

### Adjustments / What to look for

- Be aware of head position. It should extend from the spine, avoid temptation to curve head back towards feet.
- Be long between shoulders and ears.

