

## ROTATED LUNGE POSE

- Begin in kneeling lunge position, the front shin vertical and back foot behind rear hip.
- Rotate trunk and take arm (of opposite side) to outside of bent knee.
- Take hand towards the ground with armpit on outside of bent knee.
- Extend through all extremities lifting the knee of back leg up.
- Take top arm to ceiling, open chest and look up to top hand.
- Breathe deeply and drive rear heel to floor to create a strong base between your feet.
- Repeat on the other side.

### Benefits

- Improves posture and torsion flexion of spine.
- Stabilises thighs, knees and ankles.
- Opens hips and hip flexors.

### Beginners Advice

- Use a wall for balance and for feedback.
- Hold on to bent knee to explore spinal rotation.
- Only go to where you can, your flexibility will increase over time.
- Keep ears away from shoulders.
- Use the breath to find comfort and ease.

### Challenge

- Deepen the pose by sinking through the hips.
- Be strong through the feet and use bent knee to increase rotational forces.

### Adjustments / What to look for

- Create space between the tops of shoulders and the ears.
- Arm is vertical above head.
- The trunk and extended leg are all in the same plane to the top of the head.
- Calmly enter and return from the pose.

