

## SEATED & INVERTED 'L'

### Seated Position

- Sit on your sitting bones with legs outstretched and feet together.
- Reach away with your heels and keep toes pointed back towards your head.
- Stretch arms directly overhead and reach up with the fingertips.
- Face palms of hands towards each other, shoulder width apart.
- Keep neck long and shoulders and ribs down.

### Inverted Position

- As per seated 'L' except in a supine (lying on back) position.
- Reach heels upwards and fingertips away from you along the floor.
- Keep ribs down to reduce the space under lower back.
- Use breath to aid reaching away.

### Benefits

- Lengthens hamstrings and lower back.
- Challenges core strength.
- Resilience.
- Inner Focus.

### Beginners Advice

- Imagine you are the perfect 'L' shape.
- Keep reaching from fingertips and heels.
- Use breath to aid reach and push.
- If you find it challenging to keep spine long (sitting) then place hands on floor next to hips for minimal support and lengthen spine to crown of head. Gain strength and form in this posture then challenge yourself to reach up with arms overhead.

### Challenge

- Hold pose for longer duration.
- Repeat the posture a number of times to challenge the body and mind.

### Adjustments / What to look for

- Tension through shoulders and neck. Create space between ears and shoulders.
- Excessive bending 'sagging' of the spine in seated position. A long spine is desired during this posture.
- Feet turning out. Engage leg muscles and flex feet back towards shins.

