

SIDE STAR POSE

- Establish Mountain Pose (1).
- Exhale and lunge forward lowering hands to the floor, shoulder width apart, on either side of leading foot.
- Take the front foot back beside the other foot and extend through the heels.
- Rotate both feet so that the outside border of the right foot is grounded on the floor.
- Take your weight on the right hand and raise the left arm vertically to the ceiling, rotating the head to look up at the top hand.
- Imagine a centre line running through your body, starting between your two feet and finishing at the top of your head, with the rest of your body on that line.
- Drop your shoulders away from your ears.
- Draw your belly button to your spine imagining you are leaning the back of your body against a wall. Like the wall, become straight and stable.
- Live in the pose and breathe.
- On an exhalation rotate both your feet back onto the balls of your feet bring the left arm back to the ground.
- Repeat for the left side.

Benefits

- Building core and upper body strength, particularly shoulders and wrists.
- Challenges resilience.
- Brings attention to inner focus.
- Proprioception - understanding the feeling of being long and straight.

Beginners Advice

- Hold for as long as you can with good technique, don't collapse.
- Keep the whole body straight like a plank of wood, from head to heel.
- Breathe deeply and slowly, rest before going to other side.
- Make movements smooth and purposeful to maintain balance and quality.

Challenge

- Raise your top leg to your top hand from the star pose.
- Stay in the posture for more breaths and/or repeat the posture a number of times to each side.
- Challenge the balance aspect of this posture by closing your eyes and learning to balance without visual feedback.
- What does the challenge of the posture create in your mind and body? Investigate.

Adjustments / What to look for

- Be aware of maintaining length, watch sinking into bottom hip.
- The pose requires a solid foundation so the support leg and arm must be strong and straight.
- Shoulders are relaxed and arms reaching out to the sides.

