

SIMPLE CROSS LEG POSE

- Sit tall and balanced on the floor with your legs crossed.
- Keep spine long and shoulders soft.
- Raise your arms overhead and be as long as possible from your tailbone to your finger tips.
- Slowly hinge forward at hips maintaining your spinal length. When movement at the hip starts to slow, allow your spine to sink further by lowering your stomach forward, then your chest, then your head.
- Reach out with your arms on the floor and make your head as heavy as possible. Completely relax and consciously release any tension on an exhale.
- Remain in this pose for as long as you wish.
- Return to sitting posture with composure, cross legs the other way and repeat.

Benefits

- Provides an opportunity to focus on breathing as the pose is quite restful.
- Lengthening and softening through lower back and the buttocks.
- Shoulder flexibility.
- Brings attention to self.

Beginners Advice

- A soft surface so as not to be distracted by discomfort.
- Consciously try and soften any tension or tightness.
- Breathe deeply and rhythmically.
- Keep sitting bones on the ground.

Challenge

- Stay in the pose for longer.
- Softening with the out breathe and try and lengthen arms.
- Accept the pose as you 'melt' into the ground.
- Try and breath down into hips.

Adjustments / What to look for

- Keep shoulders relaxed, lengthen the space between the top of the shoulders and ears throughout the posture.
- Keep buttocks on the ground throughout the posture.

