

## SPIDER POSE

- Begin sitting on the floor. Legs straight, back long.
- Lengthen through the heels and take the head to the roof to create 90 degree angle.
- Place palms on the floor at your hips, fingers pointing towards your feet.
- Straighten your arms to lengthen the spine.
- Take your awareness to your sit bones. Make sure that they are taking your weight evenly.
- Inhaling, bend both legs up gripping your big toes with index and middle fingers.
- Exhale and raise both feet while taking them to the sides and extend til straight.
- Maintain even weight through sit bones and sit out of your hips, allowing arms to straighten and shoulders to drop away from the ears.
- Balance on your sit bones and take your awareness to your breathing to create stillness.
- Exhaling, take your palms to the floor, bend your knees and lower your legs back to your starting, seated position.

### Benefits

- Improves balance.
- Lengthens hamstrings and lower back.
- Resilience.
- Inner focus.

### Beginners Advice

- It is ok to have bent legs, however they should be as straight as possible.
- If you fall out of the posture, breath and move back through the steps and attempt again.
- You may like to use a wall to help stay up.

### Challenge

- Remain in posture for more breaths and bring legs up higher.
- Repeat the posture a number of time to challenge body and mind.
- When fully in the posture, bend your knees and lengthen them back to a point just past where you were the first time.

### Adjustments / What to look for

- Excessive curvature of the spine. A long spine is desired through out the posture.
- Over balancing. Legs too high, come back and lengthen legs only as far as quality allows.
- Holding breath. Breathing is the key to a more comfortable challenge.

