

STAR POSE

- Establish Mountain Pose (1).
- Inhale, raise your arms and bring palms together at chest height.
- Exhale and jump the feet apart to form an even sided triangle. Straighten arms parallel to the floor and take finger tips to infinity.
- Balance your weight distribution through the heel and ball of each foot, letting them melt into the floor. Both feet parallel as if on train tracks.
- Bring your knee caps up and push your thighs back.
- Lengthen your tail bone to the floor, look forward and extend your head towards the ceiling.
- Lift your trunk and chest, keeping your belly button gently drawn back.
- Drop your shoulders down away from your ears, fully extend elbows (palms facing down), and extend fingers.
- Gather with the in breath and lengthen with the out breath.
- Exhale, jump your feet together as you bring your palms together and then return to Mountain Pose.

Benefits

- Improves posture and length of spine.
- Stabilisers thighs, knees and ankles.
- Calms the mind and rejuvenates the body.

Beginners Advice

- Practice this posture using a wall or something similar to support and provide feedback.

Challenge

- Challenge the balance aspect of this posture by closing your eyes.
- Focus your attention on your breath- notice if your mind wanders to other thoughts, ideas or outside distractions and refocus back to your breath.
- Transition from Mountain to Star as fluidly as you can.

Adjustments / What to look for

- Alignment is important in this posture. From side on look for a long line through the ear, shoulder, hip, knee and ankle.
- Look for length between shoulders and ears (shoulders are relaxed), and arms are horizontal and reaching away from trunk.
- Stability is important; feet should be wide enough to create a slight challenge to stability.

