

STRAIGHT BACK GORILLA POSE

- Begin in Mountain Pose (1) and transition to Ragdoll (26).
- From ragdoll grab big toes or place your hands mid-shin.
- Bring your head up, your shoulders down and actively flatten and elongate your spine.
- Pull knee caps up, press both feet into the floor and lift your sit bones upward.
- Press your arms straight, making them long.
- Inhale, bend the knees to squat for several breaths and return to Mountain Pose.

Benefits

- Lengthens hamstrings, calves and hips.
- Calms the mind and improves blood flow to the brain.
- Stabilises thighs and knees.

Beginners Advice

- Begin with 'soft' (slightly bent) knees rather than locked knees.
- Spend short amounts of time in the posture to begin with.
- Practice 'letting go' when you are in this posture.
- Practice by using a wall behind as support in the posture.

Challenge

- The major challenge in this posture is to fully let go.
- Use the out breath to soften resistance and lengthen spine and hamstrings.
- Have the intention of concaving the back and elongating the spine forward.

Adjustments / What to look for

- Arms straight and reaching for toes.
- Pressing backward through the sit bones.
- Weight evenly through the centre of each foot.
- Straight or straightening legs.
- Surrendering in the posture especially on the out breath.
- Breathing slowing, evenly and deeply.

