

## TABLE POSE

- Sit on the floor with your legs stretched straight out in front, sitting up tall out of the hips.
- Place palms on the floor by your hips with fingers pointing to your feet.
- Draw your knees up and bring feet towards buttocks.
- Lift your trunk and thighs until parallel to the floor.
- Legs should be hip width apart and parallel to each other.
- Knees should be directly above the ankles, shoulders should be directly above the wrists and distribute weight evenly between wrists and ankles.
- Extend the tail bone towards the knees.
- Lengthen the spine while looking to the ceiling, extending the head away from the shoulders.

### Benefits

- Building upper body strength, particularly through the shoulders and wrists.
- Opens and stretches the shoulders and chest.
- Helps to establish control and strength through the abdomen.

### Beginners Advice

- If unable to hold the pose, practice moving from the starting position to the top of the pose repeatedly, returning to the ground with control.

### Challenge

- Stay in the pose, breathing deeply and slowly for three breath cycles.
- Return to the ground slowly and with control.

### Adjustments / What to look for

- Knees on ankles, shoulders on wrists.
- Soft shoulder, throat and neck.
- Draw the navel to the spine.
- Lengthen spine.

