

## WINDSCREEN WIPER

- Lying on your back, try to establish mountain pose as best as possible.
- Draw your arms level with your shoulders, maintaining contact with the ground through the full length of the arm with your palms facing up.
- “Reach to infinity” through the fingers and the arms.
- Keeping the legs together, raise the knees so they are at right angles to the hips, and feet are right angles to the knees.
- On an exhalation, and maintaining the relationship between hips and knees and knees and feet, lower the knees to one side. Only go to a point where the shoulder on the opposite side of the body is able to maintain its position on the floor.
- Breathing in, smoothly return the legs to the 12 o’clock position and repeat on the other side.
- During this movement, imagine the spine being lengthened from head to tail bone, as well as being twisted.

### Benefits

- Stretches through the lower back and opposite shoulder of turning direction.
- Develops control and strength through the abdomen and lower back.

### Beginners Advice

- You might like to start by taking knees to 30° each side, then 60°, before attempting to go to 90°.
- Use your breath as a guide as to when to move, out as you go down, in as you return to the top.

### Challenge

- Hold the knee/leg position for an extra breath out, returning on the 2nd inhalation.
- Begin to explore the position of your feet in relation to your knees, with additional extension or lengthening through the knees making the movement more challenging to control and hold.

### Adjustments / What to look for

- Maintain a soft throat and face.
- Keep the opposite shoulder to the rotation direction on the ground.
- Move with the breath.
- Palms to stay open and fingers relaxed.
- Look to push out from the heels while your feet are in the air.
- You have gone beyond your limit if your opposite shoulder leaves the ground.