

Butterfly Extension

Level 2 / Posture 21

Soles of feet together
Bend at the waist, reaching your arms forward.
Touch the floor as far ahead of you as you can, but not to the point of pain
No Hold as such
Instead, each time you breathe out, see if you can inch your hands a little farther along the floor.

Release
Slowly sit up.



Do 3 Repetitions

Wait for all muscles to relax between repetitions.

This is an excellent way to relieve lower back pain or loosen stiff hips. It will strengthen your lower back for many other, more difficult postures. It does wonders for opening up energy channels in the spine.

You'll probably feel this in your inner thighs, your knees, your lower back, your middle & upper back, your upper arms and your shoulders.

Tip Bending forward is not hunching forward. Your back and neck stay fairly straight. To come forward, pretend your waist is a hinge and you're folding shut.



Tip
Keep the soles of your feet entirely together.

Safety Tip Go to your limit, but **not to the point of pain**. If anything hurts in your back or shoulders or inner thighs or hips, you've gone too far. Back off.



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Common Errors

- Hunching over
- Dropping the chin. This can strain the neck.
- Not having the soles of the feet completely in contact with each other.



Follow Up

Follow with a pose that stretches the outside of the thigh: like the Twist, Side to Sides, Leg Overs or Ankle to Forehead. This will ease you out of that wobbly feeling like you've just gotten off a horse! It will also balance your muscle development.



Breathing



Settle into your starting position.

Breathe out, let your weight drop into place.



Breathe in

Breathe out, bending and stretching forward



Breathe in & out inching forward every time you breathe out.

Body Parts Used by This Posture:

Lower Back, Inner Thighs, Shoulders, Arms

Good Before: Twist, Leg Over, Side to Sides

Good After: Butterfly

Builds you up for: The Butterfly. Poses that require strength in the lower back & abdominals. Poses that require flexibility in inner thighs and knees.

Combines Well with: Butterfly

Energy Center Used: Mostly Root center; also Belly center and Solar Plexus center.

Try Learning First: Butterfly Preparatory Pose 1 & Butterfly Preparatory Pose 2, Butterfly. It's helpful, but not necessary, to master those poses first to prepare you for this one.

Yoga Snack

This is a nice one to do while watching TV. It's unobtrusive, doesn't use up much room, and people don't make fun of it!

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