

Benefits:

Builds Strength in Lower Body, (Lower Back, Abdominals); Loosens Inner Thighs & Knees. Builds Strength in the Upper Body, including Upper Chest, Upper Back & Biceps.

Body Parts Used by This Posture:

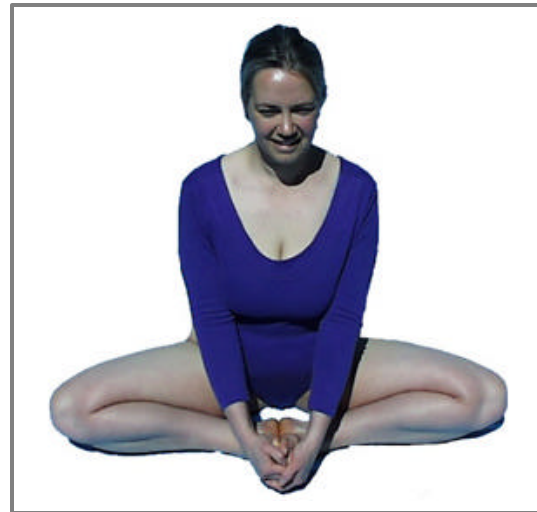
Lower Back, Abdominals, Inner Thighs

Combines Well with: Twist, Leg Over, Side to Sides

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

Energy Center Used: Mostly Root center; also Belly center

Try Learning First: Butterfly Preparatory Pose 1 & Butterfly Preparatory Pose 2. I recommend that you try these poses first, to build you up for the Butterfly & to see how your body responds to them before moving on to the Butterfly.



This is an excellent way to build up the strength in your lower body. It will build you up well for doing many other, more difficult postures. It does wonders for opening up energy channels in the spine.

Yoga Snack

This is a nice one to do while watching TV.

Start

Sitting – soles of feet together



Discovery

Cup your feet with your hands
Can you hold this position and still sit upright? (Not hunched over?)

If not – hold on to your ankles or lower legs.





Safety Tips

Be sure your back is not arched inward, since this will put too much strain on your lower back while you do this posture.

TIP Remember to keep your head up, facing forward.

Next

Take a deep breath to settle into your starting position

Then

Keep the soles of your feet entirely together. Push the soles of your feet firmly together.

& At the Same Time:

Lower your knees toward the floor. Just until you feel a good stretch.

Discovery

Where do you feel your body working?

You'll Feel This In

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



HOLD 6 breaths

Release

Allow Legs to Relax, which lets the knees come up. Rest there for a moment.

Do 3 Repetitions

TIP Bring your knees a little farther down each time. And press your feet a little harder together each time. The harder you press, the harder you'll work your lower back and abdominals.

Final Release

Straighten your legs SLOWLY!

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.

Common Errors



Dropping the chin.

This can strain the neck.



Not having the soles of the feet completely in contact with each other.



Arching the back



Hunching over

Try to keep your back straight but not arched inward

Instead, see that you have full contact along the entire foot. This will allow you to press you feet together better and build more strength in the lower back.



Breathing



Settle into your starting position. Breathe out, letting your weight drop into place.

Breathe in
Breathe out, press your feet together & lower your legs.

Hold
Breathe in & out
6 times

Release Breathe in, allowing legs to come up & relaxing pressure on your feet.