

Benefits:

Builds Strength in & Loosens Lower Back; Loosens Inner Thighs, Knees & Shoulders.

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 use those poses first to prepare for this one.



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.

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!

Start

Sitting – soles of feet together

Next

Take a deep breath to settle into your starting position

**Tip**

Keep the soles of your feet entirely together.



Butterfly Extension

Level 2 / Posture 21



Then

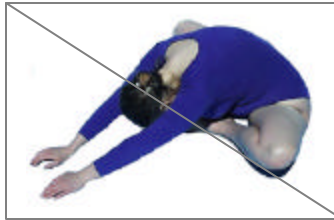
Bend at the waist, reaching your arms forward.

Touch the floor as far ahead of you as you can, but not to the point of pain.



Discovery

Where do you feel your body working?



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

You'll Feel This In:

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

HOLD

No Hold as such

Instead, each time you breathe out, see if you can inch your hands a little farther along the floor.

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.

Release

Slowly sit up.

Wait for all muscles to relax before continuing.

Do 3 Repetitions

Final Release

Sit up & straighten your legs SLOWLY!

Follow Up

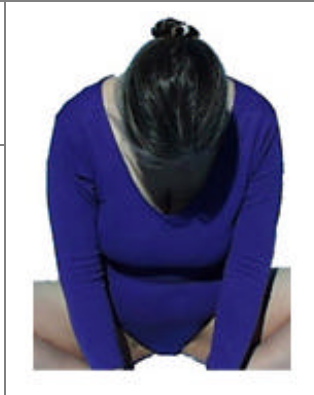
Follow with a pose that stretches the outside of the thigh, like the Twist, **Side to Sides**, **Leg Overs** or **Ankle to Forehead**. This will ease you out of that wobbly feeling like you've just gotten off a horse! It will also balance your muscle development.

Common Errors



Hunching over.

Dropping the chin. This can strain the neck.



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



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.

Release Breathe in, sitting up.