

## Butterfly Preparatory Pose 2

Level 1 / Posture 11

### 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.

**Time to Do:** 1 – 3 minutes

### Body Parts Used by This Posture:

Lower Back, Abdominals, Inner Thighs

**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:** Twist, Leg Over, Side to Sides

**Energy Center Used:** Mostly Root center; also Belly center



This is a good stretch for the inner thigh and the knees. It builds the muscles in the back and upper body as well. So it's a good preparation for doing many poses, including the Butterfly.

### Yoga Snack

Another great pose to experiment with while you're watching TV. (Beats going to the fridge to add on calories!)

### Start

Sitting on a firm surface, head up, looking forward. Put the soles of your feet together. Now see if you can hold on to your feet.

**TIP** Can you hold on to your feet without bending forward? Do not lean forward or hunch forward.

**Safety Tip** Please don't arch your back inward when you do this pose. This puts too much stress on your lower back.



### Alternative Starting Positions

If you can't hold on to your feet without bending your back – hold on to your legs.

**TIP** Remember to keep your head up, facing forward.

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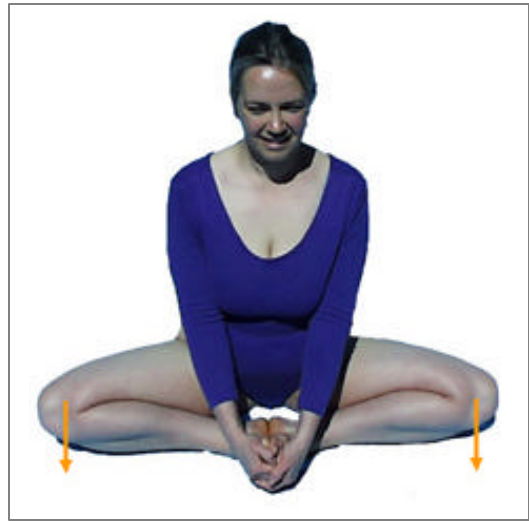
### Then

Keep the soles of your feet entirely together. Lower your knees toward the floor. Just until you feel a good stretch. 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.

### Repetitions

**Do 3** times.

Coming farther down each time.

### Final Release

Straighten your legs **SLOWLY!**

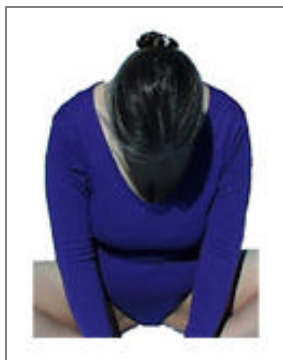
### Follow Up

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

**Hunching over.**

**Arching the back.**



**Dropping the chin.**  
This can strain the neck.



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

? 2002 Corinne Friesen  
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## Breathing



Settle into your starting position.

Breathe out, letting your weight drop into place.



Breathe in

Breathe out &  
lower your legs.



**Hold**

Breathe in & out  
**6 times**

**Release Breathe in**, allowing legs to come up, feeling your legs & knees relaxing.