

Benefits:

Strengthens thighs; improves posture & balance.

Time to Do: 1 - 3 minutes

Body Parts Used by This Posture:

Thighs (quadriceps)

Warms You Up for: Shoulder Stand, Chest Expansion, Leg Clasp, Rishi's Posture , Back Bend, Back Push Up, Pelvic Lift

Warm Up with: Mountain Pose, Chest Expansion, Bust Expansion, Leg Clasp, Rishi's Posture, Side Bend, Elbow to Knee

Builds you up for: Dancer's Posture 2, 3; Balance Posture, Back Bend, Shoulder Stand, Head Stand, Mountain Pose, Side Bend, Elbow to Knee

Energy Center Used: All



Here's one of the few beginning level poses for balance, poise and grace! We'll use it during the program to help you match movement and breathing – which will give you a more intuitive feeling for the body-mind connection.

Yoga Snack

People already do their own versions of this when they're standing in the cold waiting for the bus... or waiting in line for the washroom! So what's to say you're not just joining the group by doing your own Yoga Snack! Also, try it sometime when you're near a blank wall. This will give you the chance to see what it feels like going straight up and down.

Start

In Mountain Pose

(see **Mountain Pose 1** & **Mountain Pose 2**)

OR Start

Standing upright, legs together

Arms by your sides

Arms falling in line with your hip bones

Have the back of your head, your shoulder blades, your bum and your heels in line with each other.

Tip You can line yourself up against a wall at first to get a good starting position. Then try a "dry run" up and down along the wall to get the feel of the posture.





Put your hands on your hips



Keeping your legs & knees together, lower your body downward by bending your knees.



Once you're down as far as you can go,

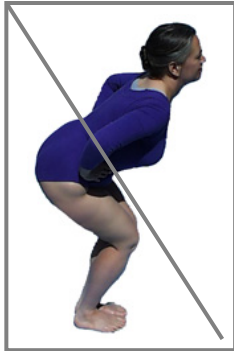
Pause



Then return to the starting position.

Repeat

Key Don't lean forward while going up and down, instead imagine you're riding an elevator shaft, or remember what it's like to be going up and down the wall. Think of the motion as coming from the shoulders and the hips



Tip Keep your legs, knees and ankles together while doing the pose.

Breathing



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in, etc