

Half Bow Prep. Pose Extension

Level 2 / Posture 63

Benefits:

Strengthens quadriceps, abdominals, lower back, upper back, shoulders, upper arms; strengthens & loosens shoulders.

Time to Do: 3 – 5 minutes

Body Parts Used by This Posture: Thighs, abdominals, lower & upper back, shoulders, upper arms.

Build Up to This Posture with : Balance Posture 1, 2, 3; Pelvic Lift; Cobra

This Posture Builds You Up for: Half Bow, Bow, Balance Posture 2, 3; Pelvic Lift, Back Push Up, Incline Plane, Lunge

Energy Center Used: Root



Who Should Not Do This Pose: Pregnant women (as if it's possible!)

Here's another step in building up to the Bow. With these extra movements you'll build even more strength in your quads while building up your shoulders and lower back. If you're round bodied, it can be difficult to reach your ankles or foot, in which case you might want to hang on to your pant leg or use a belt around your ankle.

Difference from Half Bow Preparatory Pose The extension adds a movement at the end of each round. After you've tugged your foot close to your hip 3 times, you add a fourth stretch where you pull the leg up and away from your hip. This can be demanding on your lower back. If you can't manage this extension without pain or pressure in your lower back, build up to it with poses like the Back Stretch, Back Bend, Balance Posture, Butterfly or Pelvic Lift.

Yoga Snack

Another great TV watching pose! But watch out for that tendency to fall asleep on the spot!



Start
by doing the
Half Bow
Preparatory
Pose 3 times
on each side.

**Now add a fourth
repetition.**

Bring your foot up to
your hip and hold on
to it, as before.

Now tug the foot up
and away from your
body

Hold 2- 6 breaths.



Release Lower your leg and arm to the floor. Relax.
Switch Sides. Repeat

You Will Feel This In Your thigh, lower back, upper back, upper arm & shoulders. Don't worry if you don't feel this in all the muscle groups right away. This pose will eventually work your thigh, lower back, upper back, upper arm and shoulders. If you don't feel it in all those places, this means that one muscle group is way behind the others in strength or flexibility. As this muscle group improves, you will start to feel the others working.

Safety Tip If you feel pressure in your lower back, you've lifted up too far. Ease off. In time, by doing this pose and others that build up to it, your body will build enough strength and flexibility in your back to increase your extension farther and farther.

Breathing

Breathing for the first three rounds is the same as for the Half Bow Preparatory Pose:



Settle into your starting position
Breathe in & out feeling your body settle and relax



Breathe in grasping your foot.
Breathe out settling your foot into place.



Breathe in
Breathe out tugging the foot closer



Hold 6 breaths, feel your foot coming closer to your hip every time you breathe out.



Relax the stretch.

Breathe out, lowering your leg & arm.

Breathe in & out feeling your body let go of the stretch,

Switch Legs.

Do 3 times for each leg.

Release the third stretch by lowering your leg & arm & relaxing.

Then move on to the extension.



For the extension

Breathe in grasping your foot.



Breathe out pulling your foot up & away from your body.

Hold 2 – 5 breaths

After the Extension - Relax the stretch.

Breathe out, lowering your leg & arm.

Breathe in & out feeling your body let go of the stretch.