

Leg Fold 2

Level 1 / Posture 4

Benefits:

Strengths & loosens lower back

Time to Do: 1 – 3 minutes

Body Parts Used by This

Posture: Lower Back, Thighs, Shoulders

Warms You Up for: Any posture requiring flexibility in the lower back.

Good After: Shoulder Stand, Plow, Bow, Back Push Up, Relaxation, or after long periods of lying down.

Builds you up for: Spider

Combines Well with: Shoulder Stand & Plow; Back Push Ups

Energy Center Used: Root, Belly (Navel) centers



This is a popular stretch that provides gentle yet effective relief for the lower back. It's great when you're just getting up in the morning, relieving any stiffness that sets in over night. It's also a good tension reliever any time of day or before bed. For people who carry their excess weight in their thighs and tummy, doing each leg separately here is easier than Leg Fold 1. When it comes to doing both legs, it can be tricky to wrap your hands around the outside of your legs. In that case, you can modify the pose by wrapping your hands around the inside of your knee, between the knee and the thigh, and still gain some benefit. In time, your flexibility will improve and allow you to wrap your hands around the outside of your knees for the extra stretching that brings.

Difference from Leg Fold 1: Leg Fold 1 stretches both legs together. Stretching each leg separately gives more of a work out for the inner thigh and is easier on ample tummies!

Difference from Leg Fold 3: Leg Fold 2 does not include the neck stretch.

Yoga Snack

First thing in the morning before you get out of bed.

For audio instructions and to practice this pose along with Corinne, go to www.audiyoga.com/LegFold2.htm

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Start Lie on your back, legs outstretched, neck lined up with your spine, chin pointing forward.

Then

Bring one knee up toward your chest. Wrap your hands around the outside of your knee & tug the knee closer to your chest.



Hold for 6 – 20 breaths or until you feel you have stretched to your limit.

Release Lower your leg & arms

Second Time

Switch Legs. Repeat.

Hold for 6 – 20 breaths.

Release Lower your leg & arms



Third Time

Repeat with both knees together

Hold for 6 – 20 breaths

Release Lower your legs & arms

Breathing

Lie in Starting Position

Breathe in, bringing your leg(s) up toward your chest

Breathe out

Tugging your knee(s) closer to chest

Hold for 6 – 20 breaths or until you feel you have stretched to your limit.

Release

Breathe in

Breathe out, lowering legs & arms

Repeat

Common Errors

Starting out with body & legs crooked.

Wrapping hands around the inside of knees, between knees and thighs, instead of the outside.

Wrapping your hands around the outside increases the stretch in the thigh and lower back.

However: If you have trouble reaching the outside of your knees, it *is* OK to hold inside your knees. You'll still get some benefit of the stretch and it will prepare you for the fuller stretch in the future.