

Skier's Pose

Level 1 Difficulty

For an invigorating break any time of day or a brisk, quick warm up to your workout, Skier's pose revitalizes you by inviting big breathing and large movements. It's almost instantly refreshing and it helps train you to breathe more fully, while it teaches your breathing muscles to be more open. Try using it at the end of a yoga session to perk yourself up, moving your from a relaxed state to an energize one, ready to get back into your day.

Main Benefits: Loosens outer hip, sacrum, lower back, hip rotators, inner thigh and knees.

Body Parts Used by This Posture: Upper Chest, Upper Back, Shoulder Rotators, Spine, Lower Back, Sacrum, Quads

Compensating Pose (Follow Up with a Brief Repetition of): None necessary. Some people like to follow with Eagle's Wings or the Hug.

Alternative Pose / Warm Up Pose: Jumping Frog, Simple Breath

Builds You Up for / Warms You Up for: Hip Openers, Cat 1, Child Poses, Eagle's Wings, Frog Pose, Hug, Jumping Frog, Knee Stretch, Leg Folds, Puppy, Reclining Butterfly, Rock & Rolls, Sage 1, Sage 2, Sage - Reaching, Sitting Wide Angle, Standing Wide Angle Pose, Side to Sides, Sun Salutation 1, Wood Chopper 1, Breathing Warm Up 1, Breathing Warm Up 2, Breathing Warm Up 3, hip rolls,

Good for These Practice Goals: Better balance; Better breathing; Cardio; Clearer thinking; Energy healing; Flexibility of neck, shoulder rotators, upper back, upper body, upper chest, obliques, spine, middle back, lower back, sacrum, hip rotators, glutes, quads, knees; Building muscle and strength in: quads, knees, glutes; Office friendly; Seniors' yoga; Sports Warm Up; Running; Biking; Swimming; Martial Arts; Golf; Morning Yoga; Developing more energy; Weight loss; Improve personal posture; Chanting as well as clearing cleansing & energizing Root, Belly, Solar Plexus chakras.

Recommended for These Health Conditions:

Arthritis in neck, spine, hips, knees; osteoporosis in spine, lower back, hips; frozen shoulders; allergies; asthma; bronchitis; weak bladder; compressed disc in upper shoulder; cystosis, excessive bloating, fibromialgia, chronic headaches & migraines; chronic injury of hip or lower back; IBS; lung removed; pneumonia; pregnancy - first half; sciatica; scoliosis; recovering from whiplash.

Avoid Under these Health Conditions:

Hiatial or umbilical hernia; fresh injury or recent surgery of hip, knee or lower back; untreated high blood pressure; pins in knee; plantar fasciitis; last half of pregnancy; prolapsed uterus or intestines; fresh whiplash; osteoporosis in knees or toes.

Best Breathing Theme Matches:

Red Level Breathing Themes 2.5; Orange Level Breathing Themes 5, 6, 7, 8, 9; any Yellow Level Breathing Theme, and Breathing Themes 20, 21, 22A, 22C and 23

Best for Flexibility or Strength:

Flexibility

Best if Movement Oriented or Static:

Movement

Traditional Pose Type:

Breathing Exercise

Energy Center Used:

Root, Belly, Solar Plexus



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Basic Instruction

Start

- Standing
- Feet Hip width apart
- Arms by your sides

Squat slightly

Sinking directly down into your heels
(but not too deeply)

Breathing in

Raise your arms directly over head
Let them swing up and back as far as possible
(They do not need to be fully straight.)



Tip Imagine you're holding ski poles and you're about to take a big swing at the ground.

Breathing out

Swing your arms forward and down and then back behind you, in a fully, sweeping arc.
While you are squatting deeply
As your belly contacts your thighs, let your legs squish more air out of your body.

Tip The arm motion is if you are skiing, using your poles to push you along.
The squatting motion is like going into a deep bend when you are skiing.

Repeat

Each breath in, raise your body (not necessarily fully upright), sweep your arms up, breathing deeply.
Each breath out, squat and sweep your arms down and around.

Do 5 times for maximum effect.

Tip Expansive movements and 'big' breathing give you the most invigorating results.

Common Errors

There's very little that can go wrong with this pose. Keep the skiing visualization in mind and the squats directly downward and all else will follow.

