

Suction Cup Hands

Starting Positions & Tips

The name 'Suction Cup Hands' is about the feeling you are looking for in your palms as you do certain poses. In postures like Downward Dog and Puppy we're setting our palms into the ground so that they feel like suction cups. Your weight is spread evenly throughout your palms, centered on the more hollow spots in the middle of your palms.



The dots on this photo on the right give you an idea of how you want your weight to be distributed on your hands.

When you place your hands onto the floor in this way, you'll quickly discover:

- The pose feels different.
- The alignment becomes more accurate.
- You feel more solidly attached to the floor.
- Your weight is more balanced.
- It's easier for your weight to land where it's supposed to go.
- You'll feel more 'grounded'.

This is true for the following poses. The arrows show how you want the weight in your hands to be focused:



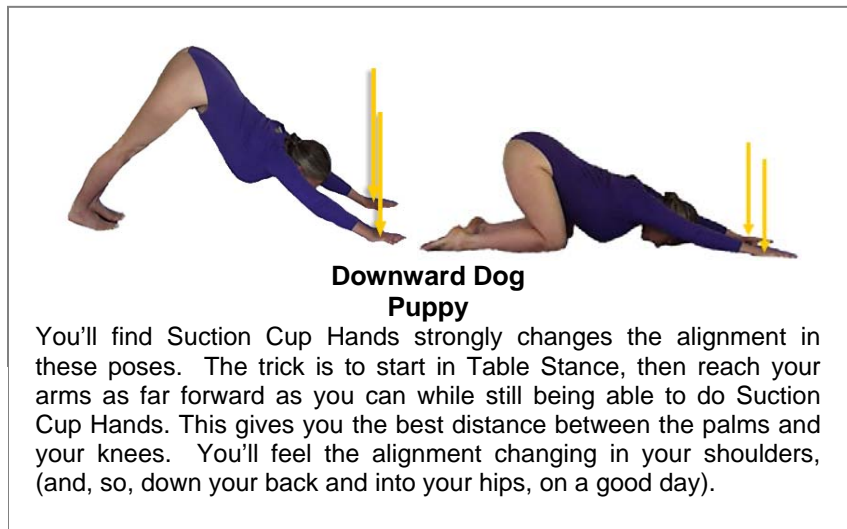
Table Stance

Suction Cup Hands will help you feel more solidly connected to the ground.



Cat 1 & 2

Pressing into the floor with Suction Cup Hands while arching your shoulders changes your focus in the pose and changes the way the poses feels.



Downward Dog Puppy

You'll find Suction Cup Hands strongly changes the alignment in these poses. The trick is to start in Table Stance, then reach your arms as far forward as you can while still being able to do Suction Cup Hands. This gives you the best distance between the palms and your knees. You'll feel the alignment changing in your shoulders, (and, so, down your back and into your hips, on a good day).

Wheel, (Back Push Up)

Notice, the same suction cup principle applies to your feet in this pose. Your hands and feet press into the floor, like suction cups. This helps align your body and give you better access to moving directly upward. It also feels more grounding.

