

**Benefits:** Increases flexibility & strength in toes

**Time to Do:** 1 – 3 minutes

**Body Parts Used by This Posture:** Toes, feet, thighs

**A Good Warm Up Before:**

Dancer's Posture; Back Bend 3

**Good After:** Posture Clasp; Neck Stretch 1, 2; Neck Rolls; Lion; Eye Stretches

**Builds You Up for:** Dancer's Posture; Back Bend 3; Balance Posture 1, 2, 3

**Combines Well With:** , Neck Rolls, Neck Stretch, Neck Stretch Presses, Eye Stretches, Lion, Posture Clasp

**Energy Center Used:** Foot Chakras



**Who Should Not Do This Pose:** People with arthritic feet & toes, or those with osteoporosis. It can place too much pressure on the fine bones and joints in the feet. However, for some people with arthritis this can be just the thing to improve circulation & keep the feet flexible. You'll need medical advise before trying this one. The Office Variations at the end might be more suitable for you.

This is one of the few postures that works the feet. It can feel sooooo good at the end of a long day! It can restore some energy in the middle of a busy day - because of the surprising amount of tension people store there. For energy healers, it opens up and clears the charkas in the feet, which is very helpful for grounding and for drawing energy from the earth. If you're round bodied, this pose can be uncomfortable. Try it for just a second every now and then, leaning forward so that you don't sink your full weight down. This will eventually build up the strength and flexibility in your feet.

### Yoga Snack

The office variation is a nice break.

Try watching TV this way! Or sit like this when you're in the tub.

**Start**

- Sitting on your knees
- Toes underneath your feet

**Next**

Lean back & rest your weight on your toes as much as possible – until you feel a good stretch – but **not to the point of pain**.

**Hold for 2 – 20** breaths or as long as it feels soooo good!

**You Will Feel It In** Your toes! Also your thighs if your thighs are tight.

**Release** by leaning forward or straightening out your feet underneath you.

**Breathing**

Breathe however you like! See if the stretch will increase as you breathe out.

**Modifications & Variations**

If you have tender feet or if you're round bodied, you might not be able to rest much of your weight on your toes. Try leaning most of your weight forward on your hands & easing your weight slowly back on your toes until you have enough stretching. You might also like to try the following office break, which doesn't put so much weight on your feet:

**Office Break**

- Sitting in your chair
- Feet flat on the floor
- Raise your feet up on your toes as much as possible. If you do this to your fullest extension, you might feel the feet & toes 'click' into place.

**Hold for 6 – 20 breaths or as long as it feels great!**