

POSE OF THE WEEK:

EAGLE POSE *GARUDASANA*

your daily practice:

Hold pose for three breaths then repeat two more times through, before switching to other side



HOW TO:

- 1 Push into your right foot, left foot lifts and when you find balance cross left leg over top of right leg, compressing the thighs together, point left toes down towards the mat.
- 2 Stretch arms out in front of you, widen your scapular muscles (AKA by spreading across your upper back), cross left arm underneath the right arm, finding compression near your elbow and forearms, back of your hands stay facing each other.
- 3 Shoulders are stacked above your hips, elbows in line with shoulders and pull your forearms slightly away from your face. Repeat other side.

MODIFIER:

Cross arms in front of face and reach for opposite shoulders, and have toe of top leg touching the ground.

BENEFITS:

- Strengthens and stretches the ankles and calves
- Stretches the thighs, hips, shoulders, and upper back
- Improves sense of balance

ADVANCED OPTION:

Keep the arms and legs fully compressed in eagle and start to fold forward bringing the elbows down towards your knees, core is engaged.

