

POSE OF THE WEEK:

CHAIR POSE *UKATASANA*



your daily practice:

Hold pose for a few breaths, return to standing, then repeat two more times through

HOW TO:

- 1 Start in standing position with feet together - toes touching and heels about an inch apart.
- 2 Inhale arms above head as your bum lowers down and back (like you're going to sit down in a chair) into a squat position. Your weight is predominantly in the heels, knees stacked above your ankles.
- 3 Chest stays lifted and your gaze is focused straight ahead.
- 4 Shoulders are relaxed and your fingertips reach towards the sky.

BENEFITS:

- Strengthens calves, ankles & thighs
- Simulates the abdominal organs
- Builds heat and gets your heart pumping!

WANT TO ENGAGE YOUR ARCHES?

Soles of the feet stay planted on the mat as you lift your toes up. Amplify the pose by pulsing up 1 inch and lower down 2 inches continue for 5 breaths (inhale to lift, exhales to sit deeper).



DID YOU KNOW?!

It's a great pose to **build heat and warm the body up!**