

**WEEK:****LOW LUNGE****ANJANEYASANA***your daily practice:*

Hold pose for a few breaths, break to  
downdog, repeat two more times  
through, then switch to other side.

**HOW TO:**

- 1 Start in downdog and bring your right foot forward to step it between your hands.
- 2 Right knee should be stacked over your ankle, while left knee lowers to the mat and left toes stay tucked under to help protect that knee.
- 3 With control, slowly lift hands off the mat and place them on your front knee.

**{ADDING ON}**

Make this an **active stretch** and reap all the benefits! Without moving your legs create the intention of pulling your legs inwards towards each other - this will help engage your hamstring and quad muscles. It'll also ensure that you are not over stretching!

**BENEFITS:**

- Stretches the psoas muscles and helps counteract our daily sitting routine
- Releases tension in the hips
- Active low lunge also helps strengthen hamstring, quads and groin

**EXTRA CHALLENGE:**

Try closing the eyes and working on improving your balance.

**GIVE THIS A TRY:**

On an inhale, reach the arms above your head helping to make this stretch more active!