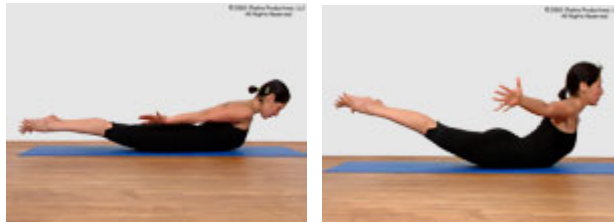


# Pose of the Week 5-24-08

## Locust Pose



Salabhasana

(*sha-la-BAHS-anna*)

*salabha* = grasshopper, locust

Locust pose is a backbending pose. As with other backbends, it strengthens the back of the body while stretching the front of the body. Backbends safely stimulate our adrenals which provide an exhilarating feeling. The pressure from pressing the abdomen to the floor tones the abdominal organs/digestive system.

- Strengthens the back
- Stimulates the adrenals
- Stretches the front of the body
- Tones the digestive system

**Primary Muscles** – Triceps, Erector Spinae, Glutes, Hamstrings, Serratus Anterior

**Variations** - Arms reach forward or back, or hands under hips

**Tips** –

- Lengthen first – walk the hips and shoulders away from each other
- Press the hips to the floor
- Keep neck in line with the spine by looking down
- Shoulders tucked down the back
- Feel long

*/set my spirit free!*



Kris Lowe  
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)