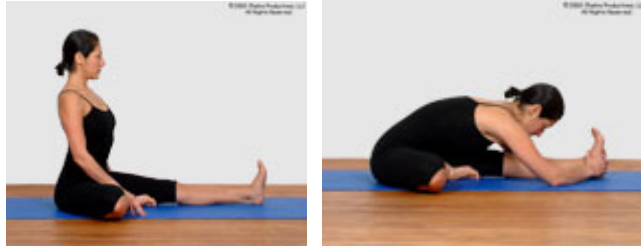


Pose of the Week 3-22-08

Head to Knee



Janu Sirsasana

(JAH-new shear-SHAHS-anna)

janu = knee

sirsa = head

Head to Knee pose is a seated forward bend. As with other forward bends, it is calming to the nervous system and a complete stretch for the back body. The name can be misleading. The goal of this pose is not to actually bring your head to your knee, but to find a nice comfortable stretch wherever that might be for you.

Primary Muscles – Hamstrings, gastrocnemius (calf), spinal extensors, lats.

Variations – You can wiggle your hips back first, or even move the fleshy part of the hips back, to get a more effective forward bend. Hips can be elevated with blankets. The bent knee can be propped if unable to rest on the floor. You can use a strap to ease your way deeper.

Tips –

- Begin with a straight spine. Lift navel and heart, stack the vertebrae, bring low back up and in
- Shoulders tuck down the back
- Tip the pelvis forward, keeping harmony with the pelvis and low back
- Knee and shin of the straight leg face the sky
- Stretch both sides of the torso evenly
- Relax and breathe your way there

With each breath I am letting go.



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