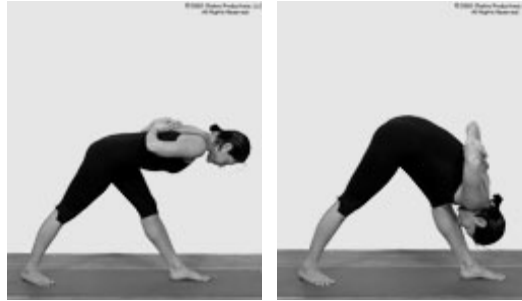


Pose of the Week 7-5-08

Pyramid



Parsvottanasana

(*parsh-voh-tahn-AHS-anna*)

parsva = side, flank

ut = intense

tan = to stretch or extend

Pyramid is a forward bend and as with all forward bends stretches the back body. Due to the intense stretch to the legs, you may come forward only toward the floor, parallel to the floor, or if more flexible, close to the leg. As with other forward bends, let the hips tilt forward to take you there.

- Stretches the back body
- Calms the mind

Primary Muscles – Hamstrings, Calves, Glutes, Erector Spinae

Variations - This pose can be done with hands in a prayer at the back, hands resting on the back, hands to the leg, or hands to the floor. This pose can also be bound for those who are very flexible by taking hands around back leg.

Tips –

- Foundation first
- Hips face forward and are level and squared
- Keep front knee in line with the front foot – press the big toe mound of the front foot into the floor
- Tip hips and lead with the heart
- Spine lengthens into the neck
- Shoulders back and down, heart forward
- Firm the back leg, pressing into the outer side of the foot
- Lengthen with each inhale, melt with each exhale

/embrace where /am today.



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