

Pose of the Week 8-9-08

Crow (Crane)



Bakasana
(*bahk-AHS-anna*)
baka = crane

Crow pose is an arm balance. Because it can be a little scary, it is a good pose to teach us about overcoming fear. Once you can overcome your fear of the pose, you may find it requires less strength than you might think. Remember, it's more courage than strength.

- Strengthens arms and wrists
- Improves focus and balance
- Strengthens abs
- Stretches low back

Primary Muscles – Deltoids, Triceps, Biceps, Trapezius, Serratus Anterior, Pectoralis Major, Psoas

Tips –

- Hands under shoulders
- Hands spread wide to create a foundation
- Look forward – about a foot in front of the hands
- Shift weight from feet to hands
- Try one foot at a time to start
- Don't let hips get too high
- Don't be afraid to fall – it's only a few inches!
- Give your wrists a stretch after crow pose

I can conquer my fear.



Kris Lowe
www.heartfilledyoga.com