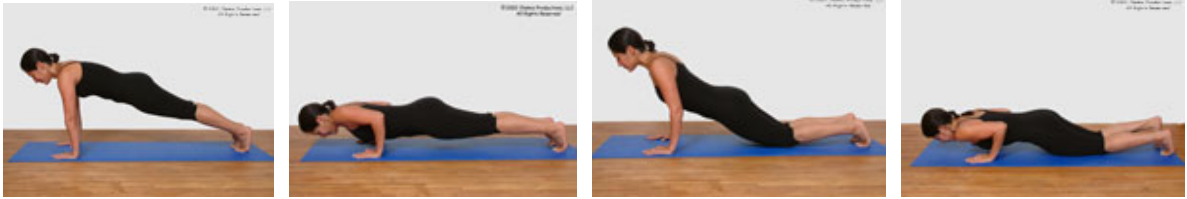


Pose of the Week 1-12-08

Plank



Chaturanga Dandasana

(chaht-tour-ANG-ah don-DAHS-anna)

chaturanga = four limbs (*chatur* = four *anga* = limb)

danda = staff (refers to the spine, the central "staff" or support of the body)

Also called Chaturanga (refers to the low plank) , Hi Plank, Low Plank

The yoga push up. Great strength builder for the whole body. Allows our muscles to work together. Hi plank and low plank are part of the Sun Salutation and vinyasa.

- Strengthens the arms and wrists
- Tones the abdomen
- Provides a strength challenge
- Core stabilizer

Primary Muscles – The whole body is building strength, especially the arms, upper back, abs, triceps, pectorals, hamstrings, glutes and calves. Holding our body against gravity builds strength.

Variations – Dilute the intensity by taking the knees to the floor in kneeling plank. If wrists are a challenge, you can use fists, or try a forearm plank. Knees, chin, chest is an often used variation.

Tips –

- Shoulders directly over wrists
- Come to a straight line through the body
- Tiny bend in the elbows keeps them from locking
- To lower, take shoulders forward a little as you roll forward on the toes to protect the shoulders
- Pull elbows in, bending them back
- If possible, lower in a straight line
- Press back through the heels
- Keep breathing through the challenge
- Roll the side abs toward the navel

/ embrace my strength



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