

Pose of the Week 9-20-08

Eagle



Garudasana

(gah-rue-DAHS-anna)

Garuda = the mythic "king of the birds," the vehicle of Vishnu. The word is usually rendered into English as "eagle," though according to one dictionary the name literally means "devourer," because Garuda was originally identified with the "all-consuming fire of the sun's rays.

Eagle pose is a balance pose. As with other balance poses, it improves focus as well as balance. Eagle is especially opening for the upper back. There is a lot going on in Eagle pose, so feel free to do just what you can.

- Improves balance
- Strengthens standing leg, glute and ankle
- Builds confidence and focus
- Builds stability in hips
- Opens back and shoulders

Primary Muscles –Trapezius, Latissimus Dorsi, Serratus Anterior, Shoulders, Glutes, Adductors, Ankles

Tips –

- Alternative arm position – give yourself a hug
- Lift elbows to height of shoulders
- Use a wall against the back if balance is a challenge
- Draw everything to your midline – hug the center
- Ankles, knees, navel, nose aligned at center
- Consider the qualities of an eagle – focused, strong, proud

Like the eagle, I possess inner strength and focused vision.



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