

Pose of the Week 11-15-08

Dancer



Natarajasana

(not-ah-raj-AHS-anna)

nata = actor, dancer, mime

raja = king

The dancer pose is a balancing pose named after the same incarnation of Shiva as the Dancing Shiva pose. This balance pose includes a backbend and so is a wonderful stretch for the front body. As a balance pose, it also deepens focus and improves balance.

- Deepens Focus
- Improves Balance
- Opens Chest and Shoulders

Primary Muscles –Pectoralis Major, Serratus Anterior, Deltoids, Rectus Abdominus, Psoas, Glutes, Quadriceps

Tips –

- Create a foundation with the standing leg
- Reach back to catch the same side foot – hold the inside of the foot – big toe side
- Push foot into hand to move into the pose
- There is a deeper version where you hold the foot with both hands from over and behind your head – while most of us cannot do that, it is often available by using a strap and is a fun variation to try.

I have the grace of a dancer.



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