

Pose of the Week 6-7-08

Inclined Plank/Tabletop



Purvottanasana

(poohr-VOHT-taahn-AAH-suh-nuh)

Purva = East, relates to the front side of the body. Uttana = Intense Intense East Side Stretch

Inclined plank stretches the front of the body while strengthening the back of the body. The center photo is the classic position, but both the first and third photos are options for this pose.

- Strengthens the back body
- Stretches the front body
- Strengthens the wrists and ankles

Primary Muscles – Calves, Hamstrings, Internal Obliques. Triceps, Spinal Extensors

Variations - Seated or tabletop

Tips –

- Lift and open the heart
- Feet might not lay on the floor – that's OK
- If not seated, lift through the hips
- Careful not to over stretch the neck

My heart guides my way.



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