

LEARN YOUR POSE

Eagle Pose- Garunasana



How to Do

- Start in Mountain pose (Tadasana), with the legs hip-distance apart and parallel.
 - Root down firmly through all four corners of the feet — big toe mount, pinky toe mount, and the outer edges of the heels.
 - Shift your weight into the sole of your left foot, with a slight bend in both knees, and inhale to pick your right foot up off the mat and cross your right thigh over your left.
 - Point your right toes down and move towards fastening the right foot around the back of the left calf while balancing on the left standing leg.
 - As you exhale, take a deeper bend in the knees and sink the hips a down.
 - Extend your arms out in front of you, cross your left arm on top of your right arm and bend your elbows
 - Next, try bringing your palms together to touch.
 - Lift your elbows, raise your forearms perpendicular to the floor to draw your shoulder blades inward.
 - Stack your shoulders over your hips, keeping the low belly drawn in and the core engaged.
 - Keep your gaze focused on one fixed point, just in front of you, to maintain your balance.
 - Stay in the pose for 4 to 5 breaths, then gently unwind and come back to the Mountain Pose.
 - Repeat on the other side.
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Yogarsutra