

Pose of the Week 4-5-08

Lunge



No common Sanskrit name – usually just called “Lunge”

Sometimes called Anjaneyasana which means Leg Split and is named after an Indian Ape God

Lunge/Kneeling lunge is a pose we use often in Vinyasa style yoga classes. I use a variation of the Sun Salutation that includes the lunge. It is a pose that is easily adaptable to different abilities by choosing knee up or knee down. Arms can also adapt by reaching up (more challenge) or staying on the mat (less challenge). Lunge is a great opener for the groin and inner hip area. Tight hips often contribute to low back issues, so lunge is also beneficial for the back. This pose is a gateway to many other variations.

- Opens hips and groin
- Strengthens legs

Primary Muscles – Psoas, Hamstrings, Quadriceps, Hip flexors

Variations - This pose can be done with knee bent and on the floor, or with the back leg straight. Arms can stay on the floor, or lift to the sky. Back leg can go deeper for a deeper stretch.

Tips –

- Foundation first
- Heart lifts
- Knee is safest when it does not go beyond the ankle
- If working in the straight leg version, press through the heel and up the back of the knee to straighten the leg completely
- Feel your torso lift away from the hips

I am grounded and uplifted at the same time.



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