

Pose of the Week 10-25-08

Dolphin



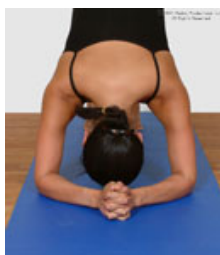
DAVID MARTINEZ

DAVID MARTINEZ

No common Sanskrit name

Sometimes called Headstand Prep pose

Dolphin pose is a great strengthener for the shoulders and upper back. It is similar to downward facing dog, but with forearms on the floor. Dolphin can be held in the hips up position, or the dolphin can swim forward and back using strength to move face over hands, and then lift hips back to the sky. Dolphin can also be an alternative to downward facing dog for those who have problems with their wrists. (Note that on the photos above, the hands are not interlaced - I didn't have a photo in my collection of dolphin with fingers interlaced)



- Strengthens shoulders
- Opens upper back

Primary Muscles – Shoulders, Upper back, Abs, Arms

Tips –

- Align the arms first – take elbows under shoulders, then wrap fingers around opposite elbow to judge the correct distance before taking hands forward to interlace fingers
- Ground forearms into the floor
- Lift hips high to the sky – like an inverted “V”
- Add the push up only if your breath can stay calm and steady

/welcome strength and energy.



Kris Lowe
www.heartfilledyoga.com