

Pose of the Month

Split

(Hanumanasana)



RORY EARNSHAW

For the month of February, we will focus on Split Pose and variations in all of our Flow classes at Verge Yoga.

With this monthly focus on a pose, you will gain a deeper understanding of the pose, its benefits, modifications and variations.

Benefits

- Stretches thighs, hamstrings and groins
- Stretches iliopsoas muscle group
- Stimulates the abdominal organs

Variations

- Take arms overhead as seen above.
- Bring forehead to front knee.
- Bend back leg and grab foot with one or both hands.
- Standing Split both with open and closed hips.
- Wide Angel Split
- Standing Bow Split.

Alignment Cues

- Wiggle toes of front leg forward keeping sole of foot on mat until the leg straightens. Then you can lift toes and flex foot.
- It is okay to keep the front leg bent.
- Place block under hip of front leg.
- Place blocks under hands for support.
- Keep hips squared.
- Pad back knee if there is discomfort there.
- Bring forehead to knee if both hips are touching mat.