

Pose of the Month

Heron



For the month of March, we will focus on Heron Pose or *krounchasana* 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, it's benefits, modifications and variations.

Alignment Cues

- Start with extended leg on ground and firm hips to the mat.
- Lengthen spine.
- Pull extended leg in with heel close to hip and grab foot.
- Lift foot off the ground and pause.
- Extend leg and lean back slightly without doming the back, keep front torso long.
- Firm the shoulders blades against your back to help maintain the lift of the chest

Benefits

- Stretches the hamstrings
- Stimulates the abdominal organs and heart
- Strengthens abdominal wall
- Strengthens the spine

Preparation Poses

- Balancing Head to Knee
- Balancing Hand to Big Toe
- Boat Pose
- Prone Half Hero's
- Seated Head to Knee
- Reclining Hand to Big Toe (also with strap)

Variations

- Half Hero's with free leg extended on floor
- Half Hero's with free leg bent and foot on the floor
- Half Hero's with free foot in strap and leg extended upwards.
- Half Hero's with free leg extended while lying on back