

Pose of the Month

Hand Stand



DAVID MARTINEZ

For the month of May, we will focus on Hand Stand or Adho Mukha Vrksasana in all of our Flow Classes.

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 in downward –facing dog
- Step right foot in about a foot closer to hands
- Hop off the right foot and swing the left leg like a pendulum
- Use strength to lift the legs over shoulders and wrists
- Stack hips over shoulders and wrists to set a stable base
- Pull front ribs into your torso, curl your tailbone towards your heels.
- Relax head between your shoulder blades and gaze to the center of the room or to the floor
- Repeat using opposite leg
- Keep the shoulder blades firm on the back, just as in Plank Pose

Cautions

- Back, shoulder, or neck injury

Preparation Poses

- Crow pose
- High plank
- Fire fly
- Standing forward bend
- Half moon
- Standing split
- Reverse Hand Stand on wall
- Forearm Balance
- Hero's pose on the wall to standing split

Benefits

- Relieves mild depression
- Strengthens the shoulders, arms, and wrists
- Stretches the belly
- Improves sense of balance