



CHEAT SHEET:

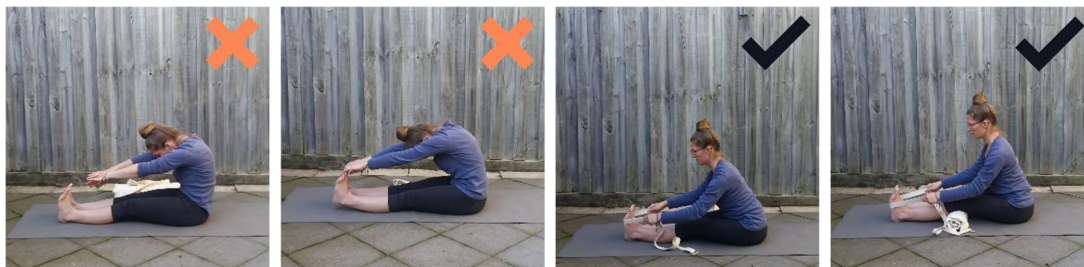
3 RISKY MOVES IN YOGA

1. FORWARD BENDS: ROUNDING THE BACK INSTEAD OF TILTING THE PELVIS

All forward bends start at the hips! If you are not able to bring the top of the pelvis closer to the front of the thighs, practise modifications:

- Bend your knees & support them with a folded blanket or small bolster.
- Use a strap around your feet; keep your chest lifted and let the shoulder blades slide back and down along the spine.
- The chin is tucked in slightly, but not coming down to the chest.
- Lengthen legs through the entire foot sole, don't pull on the toes.

In most forward bends, we want to stretch the hamstrings. You should feel it in the middle of the back of your thigh.



2. BACK BENDS: WEAK ABS & KNEES DRIFTING APART

Stabilise your pelvis and lower spine by activating your abs and the hip flexors!

- Draw the belly button towards the spine.
- Keep knees in line with hip joints (thighs parallel).
- Use a strap for support if your knees keep drifting apart.

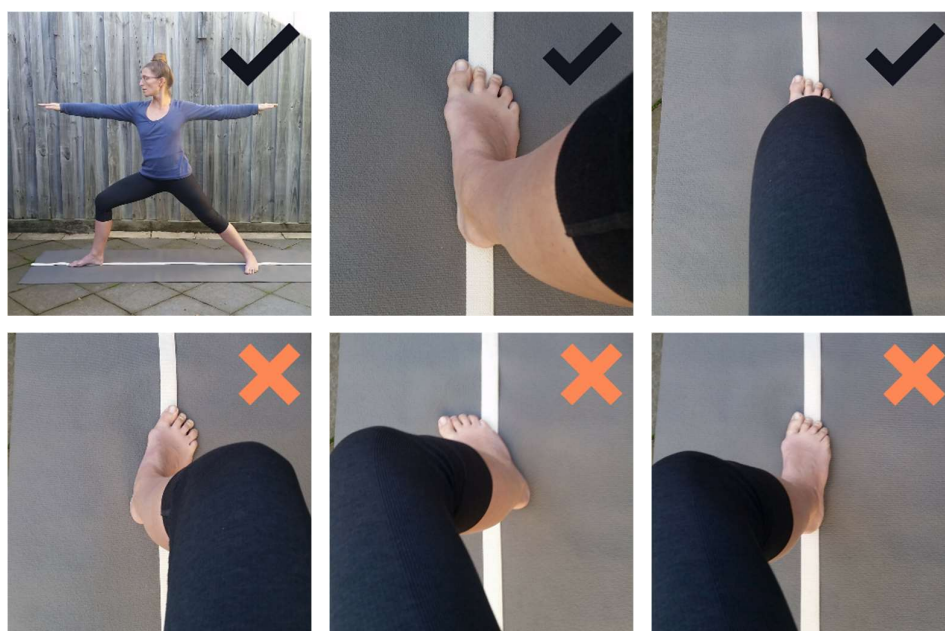




STANDING POSES: KNEES NOT ALIGNED PROPERLY

To reduce shearing forces in the knee, which can be harmful on the cartilage, the ligaments and surrounding muscles, keep the knee in line with both, hip joint and the mid-line of your foot (use second toe as a guide).

- As a visual guide - in poses such as triangle, extended side angle, or warriors - you may put your strap along the mid-line of your mat.
- Keep the foot in line with the strap.
- Keep knee over ankle or slightly behind. Don't go over or beyond toes.
- Avoid moving the knee inwards or outwards.



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