



# Bow

- Activate feet and spread toes
- Spread knees hip-width apart
- Spiral inner thighs to the ceiling and bend both knees
- Maintain strong legs as you anchor toward the ground
- Press tailbone down to the floor
- Bring both hands to the outside of the feet, chest moves forward
- Raise chest and thighs, pressing pelvis into the ground
- Keep lower body active, upper body relaxed and suspended
- Keep head in line with spine and let neck muscles stretch
- Soften face and gaze gently at one point on floor directly in front of you

## MODIFIED

- Bend elbow and place forearm slightly underneath chest
- Raise opposite arm, bringing hand to outer foot
- Bring up one leg at a time instead of both at once

## VARIATION: COBRA

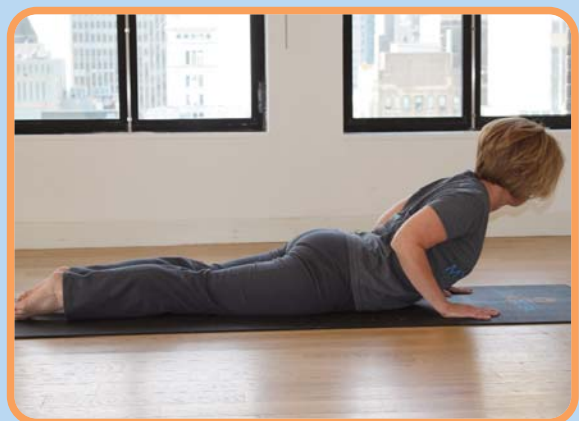
- Use Cobra pose as an alternate variation to Bow
- Keep tops of feet on floor
- Spread hands on floor under shoulders, keeping elbows tucked next to body
- Straighten arms to lift chest off the floor
- Find height that feels most comfortable to you and hold for 10-15 seconds



**BOW**



**MODIFIED**



**VARIATION: COBRA**