



[HOME \(index.html\)](#) · [BIO \(about.html\)](#) · [NEWS \(news.html\)](#) · [MONTHLY YOGA \(MYoga.html\)](#) · [YOGA FOR BREAST CARE \(breastcare.html\)](#) · [WATCH ME DO YOGA \(watchme.html\)](#) · [THE WOMAN'S YOGA BOOK \(wy.html\)](#) · [YOGA NOTEBOOKS \(book.html\)](#) · [PUNE GUIDE \(pune.html\)](#) · [SCHEDULE \(schedule.html\)](#) · [WORKSHOPS \(workshop.html\)](#) · [YOGA YANTRA \(yantra.html\)](#) · [LINKS \(links.html\)](#) · [BLOG \(http://bobbyclennell.wordpress.com/\)](#) · [CONTACT \(contact.html\)](#)

POSE OF THE MONTH

www.bobbyclennell.com

2015 POSE OF THE MONTH

Each month starting, January 2015 and continuing through December 2015, I will present illustrations and concise instructions for a yoga pose that you can practice along with. Strung together, the completed twelve poses make up a yoga session that is appropriate for beginners and experienced students alike. The completed sequence incorporates a warm up at the start, then poses to take you through a wide range of movement and focused work. These include standing poses to build strength and inverted poses to boost immunity and hormonal balance. The sequence finishes with some cooling poses.

My best wishes to all. Enjoy your practice!

Bobby Clennell

[January \(MYoga2_0115.html\)](#) | [February \(MYoga2_0215.html\)](#) | [March \(MYoga2_0315.html\)](#) | [April \(MYoga2_0415.html\)](#) | [May \(MYoga.html\)](#)

March

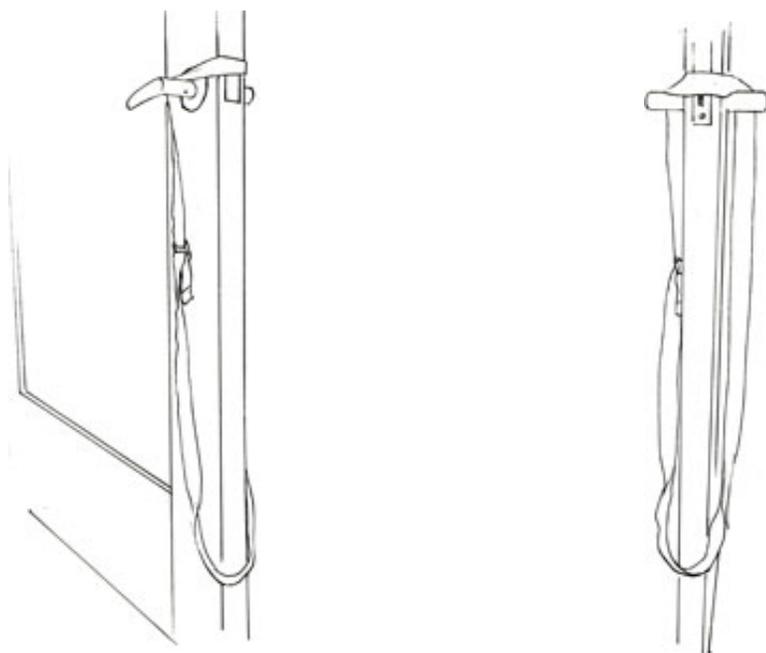
Adho Mukha Svanasana:

downward facing dog pose with wall ropes, or a yoga belt and door handle.

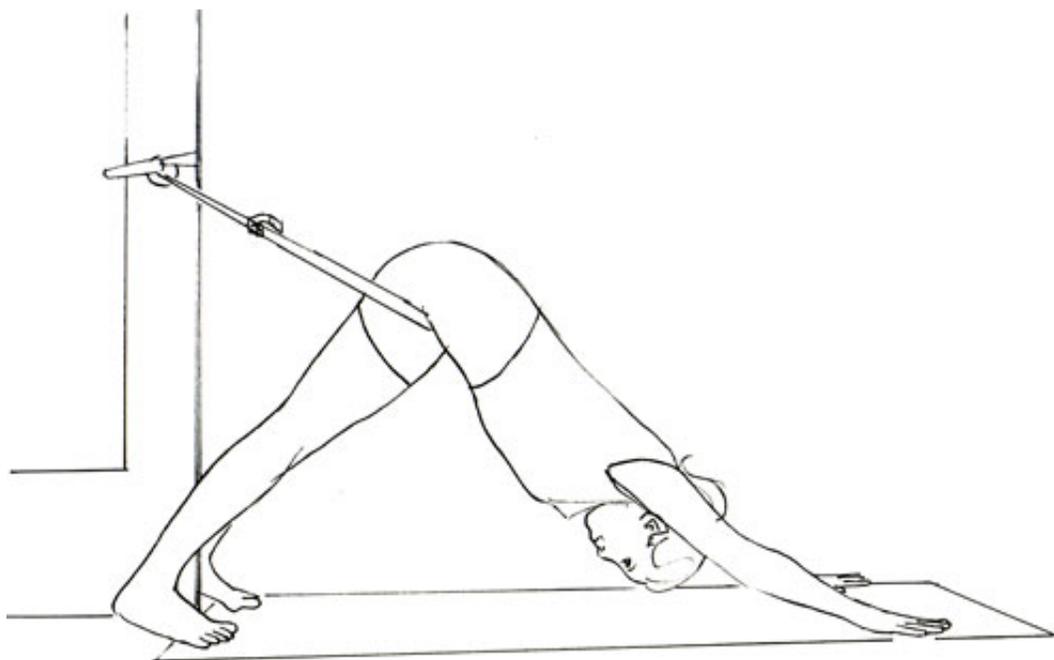
Benefits: Practicing this way minimizes the weight born by the hands, arms and shoulders, i.e. you experience shakiness in the arms, or shoulder pain, practice with this support so that you can hold the pose for a while longer (3–5 minutes). Working with this support allows the elbows, armpits and shoulder joints to open. Those with carpal tunnel syndrome will also benefit from this variation, as the spreading of the palms and fingers will help release inflamed muscles and ligaments, without strain. Adho Mukha Svanasana inverts the internal organs and calms the mind.

Note: It is not a good idea for carpal tunnel sufferers to practice on the fists, as it doesn't bring relief from the condition, and it doesn't facilitate the drawing up of the arm muscles away from the hands and through the shoulder joints.

Model: Susan Turis.



1. Secure the belt: If wall ropes aren't available, you can loop a long yoga belt around some strong door handles, or door-knobs. Make sure that the door hinges can bear your weight.



2. Step inside the belt and walk forward until it pulls taut. Bend your knees and bend forward. Place your hands on the floor. Step your feet back either side of the door as far as they will go. Walk your hands forward as far as they will go. Once you get into the pose, be

still and make your adjustments without moving the body from side to side so that the door doesn't wobble.

PRACTICE NOTES

Arms: Roll your inner, upper arms out. Squeeze your elbows in. Press the base of the index fingers down into the floor.

Legs: Roll your inner thighs back. Press your heels back and down. Lift and spread your toes. Press the base of your big toes down, and until you feel the outer calf muscles compress in onto the outer shin-bone.

As a Restorative Pose: You can also practice this way to refresh the brain as part of a restorative sequence. Support your head on a bolster or brick.