THE KALI COLLECTIVE

INTRO TO ARM BALANCES AND INVERSIONS

WHY DO WE CARE ABOUT PRACTICING ARM BALANCES AND INVERSION?

challenging
fun
playful
helps advance our practice
fun transitions
help us see and practice conquering our fears
helps us notice our internal dialogue
shows us a different perspective

WHAT ARE SOME KEY TOOLS WE CAN APPLY TO OUR ARM BALANCES AND INVERSIONS?

1) Engaging Bandhas (mula, uddiyana, jalandhara)

2) Engage our "core" by activating our Transverse Abdominus. This is part of the "corset" muscles that wrap around our spine. It's a deep layer of muscles underneath our 6 pack muscle. Remember, the way to engage the TA is by activating our pelvic floor muscles - pulling everything in and up!

3) Solid foundation - protecting the wrist and making sure we have a proper foundation. Remember to apply pressure the in thumb and index mound of the hand and claw the mat with your finger tips! then press down into the earth like you want to press it away from you!

4) Positive thinking!!! Your thoughts create your reality. Acknowledge your current inner dialogue but then consider modifying to make them more empowering.

WHAT POSES DID WE COVER?

Headstand
Handstand (remember to practice your "L" shape at the wall!)
Crow
Side Crow
Koundiaysana A and B
Astavakrasana
Dragonfly

Play and have fun!!

STEPH WALL YOGA

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