

Bakasana

Crane

Model: Lucy Castell
 Photo: Guy Lacroix
 Asana description by daS

CRANE OR CROW? WHETHER YOU CALL IT BAKASANA OR KAKASANA, IT IS A FANTASTIC BALANCE THAT STRENGTHENS AND ENERGIZES YOUR ARMS, WRISTS AND HANDS, AND IMPROVES YOUR CONCENTRATION AS WELL. LET'S FACE IT, YOU HAVE TO CONCENTRATE OTHERWISE YOU'LL FALL OVER!

How to Perform:

- 1 Squat down with your feet wide apart and put your palms flat on the floor with your fingers spread and your arms inside your knees.
- 2 Put your knees into your armpits or bend your arms and rest the knees on their respective upper arms.
- 3 Breathe out and shift your weight forwards onto your hands. Don't rush into it. Feel yourself balanced and centered.
- 4 Lift your feet from the ground. Or start by lifting one foot at a time. Hold for 5 deep breaths.

note

Start with a cushion in front of you at first. You may not need it but it will give you more confidence!