



Aeroplane Pose

The fifth yoga pose we are highlighting is Aeroplane Pose. Aeroplane strengthens your feet, legs, buttocks, abdomen and back while stretching the back of your standing leg. It improves balance and encourages you to be confident and courageous as you reach your chest out in front of your standing foot.

How to do it:

- Stand upright with your feet together, your arms by your side and your palms turned forwards.
- Centre yourself on your left foot, feeling your left heel well-grounded and the big toe and inner ball of your left foot pressing into the floor.
- Do not over extend your left knee. Allow there to be a slight bend at your left knee but make your left thigh firm. Contract your left thigh, hugging in from skin, to muscle, to bone.
- Turn your right thigh inwards a little and sustain that action throughout the pose.
- Draw inwards and upwards at your belly to engage your abdominal muscles.
- Reach your right leg straight back behind you and tilt your torso forwards. Look to lift your right leg up to hip height.
- Use back strength to bring your shoulder blades down your back towards your buttocks. Reach your chest forward and upward slightly.
- Rest your gaze at the floor in front of you. Take five long, calm breaths before returning to standing then repeating on the opposite leg.

