



THUNDERBOLT

The third in our series of common yoga poses is Thunderbolt. This pose builds strength in the legs, core and back. It aligns the spine and shoulders and is a great pose for many different sports people. Rugby players, golfers, cyclists, skiers and rock climbers, to name just a few, will benefit from this pose.

- Stand with your feet together on your mat.
- Reach your arms up alongside your ears with your palms turned towards one another.
- Firm your belly to support your back then bend your knees, keeping your heels at the floor.
- Move your weight mainly into your heels. You may be able to lift your toes off the mat.
- You may find it helps to squeeze your knees and thighs together for support. If you are able, try separating your knees an inch or two.
- Draw your tail down towards the floor and keep your belly engaged.
- Draw your shoulder blades down your back and inwards towards your spine. This involves strong engagement of the spinal erectors – muscles in your back that keep you upright.
- If it does not bother your neck, lift your gaze up towards your hands.
- Hold this pose for five deep breaths before gently bowing forward from the hips, allowing your arms to hang towards the floor.

