

## BANANA POSE      BB04

From the knees or standing, face sideways. Hold the rope with the away hand and with the arm resting directly over the head allow the rope to pull the body towards the anchor. Move around and allow your body to find the proper tension and a comfortable body position to optimize the stretch. The head should serve as a form of resistance to the pulling rope. Relax-breathe-deepen the stretch for 30 seconds. Repeat on other side.

### IMAGERY

Body Bending Banana – hand over head as the peeling stem.

### BENEFITS

BANANA POSE flexes the spine sideways. Increasing your range of motion in the side body will help create more mobility in your spine and shoulders, leading to a feeling of greater ease in your body.

Lateral flexion is the medical name for bending the spine sideways. BANANA both stretches and strengthens the side muscles of the body, which are known as the oblique muscles and the quadratus lumborum.

Keep the side muscles long and loose by stretching them daily.