

## CHAIR POSE

## BB06

### DIRECTIONS:

Face towards the anchor and hold the rope with your hands. With feet together and knees touching, descend into CHAIR POSE with a straight back and heels solid on the floor, until the thighs are horizontal. Let power assistance bring you back up to the original starting position, but extend further back continuing the back bend that has been warmed up from the previous exercise. Repeat 10+ times.

### IMAGERY:

Flow from Chair Pose to Back Bend in a slow continuous motion.

### BENEFITS:

CHAIR POSE literally means FIERCE POSE in Sanskrit. The power assistance principle of the Yoga Rope allows the body to fluidly go through a full range of motion in this popular yoga pose. What may be impossible to some is now achievable. With daily practice the muscles will get stronger and longer as they adapt to the performance of this exercise.

CHAIR POSE prepares the body for the next exercise: Jack in the Box.

CHAIR POSE works mainly on the Quadriceps and Gluteals.