

CROUCHING TIGER LL03

Mandukasana Frog Pose

DIRECTIONS

Get on all fours in classic Frog Pose. Two elbows and two knees both wide apart. Start in position A with buttocks in the high position and lower them down to the ground in a gentle swooping motion to Position B. Let power assistance bring buttocks back to high position. Repeat 10+ times or perform for 1 minute.

IMAGERY

The Tiger is crouching and getting ready to pounce.

BENEFITS

CROUCHING TIGER works the gluteus maximus and deeper in, the external rotators of the hip (piriformis, internal and external obturators, superior and inferior gemelli) as well as the groin muscles. Enjoy!

NOTES

The most famous yoga combination is moving from Down Dog to Up Dog. Down Dog as Position A closes the pelvis while Up Dog as Position B opens the pelvis. Childs Pose moving into Cobra Pose is the same as the UpDog DownDog combo as a modified option from the knees. CROUCHING TIGER was created based upon these 2 famous yoga tandem duos.

Position A/Position B.

Inhale/exhale

Up/Down

Open/Close

Yin/Yang

Got it

