

# Eagle Pose

## Benefits

- Strengthens ankles, calves, core
- Stretches the thighs, hips, upper back
- Improves sense of balance and concentration

**Sanskrit Name:** Garudasana

**English Translation:** Eagle Pose



Instructions:

1. Begin in mountain pose. Reaching the arms straight out from the shoulders and broadening the upper back, cross the right arm over the left, and then bend the elbows, tucking the right elbow into the crook of the left inside elbow. With elbows bent at 90\*, bring the backs of the hands together, or if comfortable, twist the forearms until the palms come together in front of the face.
2. Find grounding strong through the right foot. Bend the knees slightly and lift the left foot, crossing left thigh over right. Point the left toes down, optionally resting the left big toe on the mat. If comfortable, balance without touching the left toe, and continue to wrap the left foot around the back of the right calf.
3. Draw the navel towards the spine as you hold the elbows lifted away from the face and draw the fingers toward the ceiling, broadening the upper back.
4. With a tall spine, squat into the right knee further, focusing on lengthening the spine rather than bending forward. Avoid tipping the tailbone to the point of over arching the back.
5. Stay in the pose for a few breaths, finding focus in the breath and closing the eyes for an extra balance challenge.
6. Repeat, reversing the arms and legs.

**Note:** Follow up with a chest opening pose such as cow/face, or a hip relaxing tree pose.

*(excerpts from YogaJournal.com)*