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Legs Up the Wall Pose



Barb Berggoetz
Posted: September 9, 2008

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A A

Runners and anyone with tight hamstrings and calves will find this yoga pose beneficial in stretching tight muscles and relieving leg tension, says Renee Bogard, yoga instructor and owner of Altered Body Mind Yoga Studio (www.alteredbodymindyoga.com, 317-885-6510). It's good for people who are on their feet all day, too.

The pose is restorative to the central nervous system, helps circulation and can help prevent varicose veins, too, adds Bogard, whose studio is located at 271 N. Madison Ave., Greenwood. She teaches hatha, athletic vinyasa and restorative yoga.

Her studio offers group, private and corporate classes, seasonal yoga retreats, classes for kids and prenatal yoga and also provides instruction in vegetarian raw foods and juicing/sprouting.

Bogard demonstrates the pose.

Step 1: Lie on your back, so your legs are straight up and against the wall, with your feet flexed and your bottom touching the wall. Arms should be slightly bent and on the floor to your sides.

Step 2: For an optional variation, let your feet drop open in a wide "V" position, keeping your feet flexed.

Step 3: Bring your legs together and walk your feet halfway down the wall, rest momentarily, turn to your side and rest in the fetal position before getting up.

Repetitions: Hold Pose 1 for 10 to 15 minutes. Pose 2 can be held for that length of time.

Tips: Keep your back flat on the floor and shoulders relaxed.



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