

The Butterfly Pose



INSTRUCTIONS:

- ❖ SITTING DOWN ON YOUR TOWEL OR MAT, BRING THE BOTTOMS OF YOUR FEET TOGETHER WITH YOUR KNEES RELAXED OUT TO THE SIDES.
- ❖ INTERLACE YOUR FINGERS AND SLIDE YOUR HANDS, PALMS UP, UNDER THE SIDES OF YOUR FEET.
- ❖ INHALE AND EXHALE LENGTHENING YOUR SPINE (THREE TO FOUR DEEP BREATHS).
- ❖ INHALE AND REACH YOUR RIGHT ARM UP PRESSING YOUR FINGER TIPS TOWARDS THE SKY, LOOKING UP TOWARDS YOUR HAND.
- ❖ EXHALE BRING YOUR RIGHT HAND BACK DOWN TO YOUR FOOT FACING FORWARD.
- ❖ INHALE AS YOU REACH THE LEFT HAND UP TOWARDS THE SKY LOOKING UP TOWARDS YOUR HAND.
- ❖ EXHALE BRING YOUR LEFT HAND BACK DOWN TO YOUR FOOT, FACING FORWARD.
- ❖ ALTERNATE SIDES SIX TO TEN TIMES FOLLOWING YOUR BREATH.

TIPS

- ❖ **CREATE A SACRED SPACE**
 - UNPLUG THE PHONE
 - PLACE MAT OR TOWEL DOWN
 - DIM THE LIGHTS

- ❖ **BREATHE IN A RELAXED MANNER**
 - FULL DEEP BREATHS
 - BREATHE CONTINUALLY

- ❖ **RELAX THROUGH THE MOVEMENT**
 - PLACE TIP OF TONGUE GENTLY BEHIND THE TWO FRONT UPPER TEETH ON THE RIDGE OF YOUR GUM
 - RELAX YOUR JAW, UNCLENCH YOUR TEETH
 - KEEP YOUR SHOULDERS RELAXED, BACK, AND DOWN

- ❖ **MOVE EASILY AND GENTLY**
 - NEVER FORCE OR STRAIN
 - SMILE WITH YOUR EYES BY GENTLY BRINGING THE CORNERS OF YOUR MOUTH TOWARDS YOUR EARS

- ❖ **ENJOY THE SEQUENCE**
 - ALLOW YOURSELF THE FREEDOM TO MOVE YOUR BODY IN ANYWAY IT NEEDS

BENEFITS

- ❖ LENGTHENS AND STRENGTHENS THE SPINE

- ❖ INCREASES BLOOD FLOW TO THE LARGE AND SMALL INTESTINE

- ❖ LENGTHENS MUSCLES AROUND THE INNER THIGHS AND HIPS

- ❖ INCREASES MOBILITY OF THE SHOULDER JOINTS

SAFETY TIPS

- ❖ If YOUR KNEES BOTHER, YOU CAN PERFORM THIS POSE WITH YOUR FEET FURTHER AWAY FROM YOUR TORSO OR YOUR LEGS CAN BE EXTENDED STRAIGHT OUT ON THE FLOOR IN FRONT OF YOU

If EITHER SHOULDER IS UNCOMFORTABLE WHEN REACHING YOUR HAND UP TOWARD THE SKY, MAKE SURE YOU BRING YOUR ARM OUT TO THE SIDE TO A COMFORTABLE HEIGHT (MAKE SURE YOU ELEVATE BOTH ARMS AT THE SAME HEIGHT TO MAINTAIN BALANCE.