

# WATER YOGA - THE BOW POSE

by Monica Cordes & Sigrid Igel

We would like to thank those who participated in our three hour Water session at the CALA Convention 2001 for their insightful comments, both verbal and written. Many of you found the relaxation, understanding of mind/ body awareness together with the detailed breath work most relevant.



bottom. Reach for your ankles. Pull in your abdominal muscles to maintain balance. Lift your feet, arc backwards and look ahead. Raise yourself to your comfort maximum, attempting to lift chest and thighs away from the pool floor. Relax as you hold this position for three

deep breaths, then exhale and gently release it. (If you roll sideways out of the pose, say 'so what!' and begin again.)

We were uplifted by your show of warmth and enthusiasm for the material presented. It is our intent to emphasize the great importance of Yogic breathing and mindfulness as we continue to teach and expand our program in the water.



## Why do the Bow Pose:

This posture tones the back muscles and maintains elasticity of the spine, improving posture and increasing vitality. A tremendous chest opener, which improves lung capacity this pose releases tension in the back, shoulders and neck.

Today, we would like to introduce the Bow Pose. Like an archer stringing a bow, you use your hands and arms to pull your trunk and legs together to form a curve. Please note: This pose should only be attempted by intermediate to advanced students after a thorough warm-up. Using a noodle is essential.

*Aside: Congratulations to Charlene and her expert team of volunteers for putting on such a professional conference. A special thanks for Sylvia and Matt Kopansky, Charlene's parents for their helpful input.*



How to do the Bow Pose: Position a noodle under your belly. Lean forward lifting your feet off the pool

*Water Yoga Teacher Training Course: to register call Sigrid @ 905-642-5984 or Monica @ 905-479-5676*

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