

Garudasana - Eagle Pose (arm action only)

The *garuda* is a mythical bird. The final pose of *Garudasana* resembles the shape of this eagle-like creature. Practice of the first stage brings freedom to the shoulders, arms and wrists.

1. Stand straight with the feet together (*Tadasana*).
2. Stretch the arms apart in line with the shoulders. Open and expand the chest as you pull the arms apart.
3. With an exhalation, swing the left arm over the right and cross the upper arms above the elbow.
4. Now, entwine the forearms and bring the palms together. The thumbs should now point toward the face, as in the photograph.
5. Lift the elbows to the height of the armpits and press the upper arms down to lift the chest. Release the top of the shoulders down the back, towards the floor. Breathe into the upper back and allow that area to open and spread.
6. Hold for up to a minute, then repeat, reversing the position of the arms.

