

## The tip toe pose - *padangusthasana*

We are going to build up this pose in 3 simple steps.



**1. In this pose we enter into a balancing position and have the task to maintain an upright spine by constantly finding the place of right balance at the level of the heart.**

Come onto tip toe, bring the legs together, the spine goes vertically up. Rest the hands by the side of the body. Lift area of heart up a little. Relax the shoulders. Bring the legs together and observe the upright spine.



**2. The upright spine grows more and more into a vertical line as if rising lightly upwards in sprouting movement. This vertical line rising upwards we see in the picture of the spring time flowers.**

Repeat the above, then raise the hands in a wide sideways movement to above the head, as you do so picture how the spine rises lightly upwards. Repeat this movement several times and observing this lightly rising upwards through the spine.

**As the spine rises upwards it's as if you grow more inwards towards a vertical line, this coming inwards and rising upwards continues to grow to above.**

Come into the pose and observe the long line of the upwards rising spine.

**As the spine rises upwards the tensions fall away as if freeing the spine like a liberating feeling.**

Come into the pose and remain in this relaxed upright line without over stretching.



**3. Finally, the hands gather inwards from above to below at the level of the heart, in the middle of the upright spine.**

Repeat the above, gather the hands inwards, from above to below, into this unified position at the heart. Maintain the pose by swinging your attention between guiding the physical form through gathering the legs together, relaxing the shoulders and observing the meeting of the hands at the position middle position heart.

**This calm centring inwards towards the heart produces a 'Self-feeling', within a graceful upright vertical spine.**

Come into the pose with this idea of coming inwards and graceful rising upwards.

**Through the gathering inwards, and bring your attention to the picture and observing it onto the body so a more independent position arises to the space that surrounds you.**

Come into the pose bring your attention to the Self-feeling at the heart and to the independent upright spine.

Come into the relaxation pose and reflect on the exercise.