

## Crescent Lunge



Before coming into a dynamic movement, we need to make sure we are in proper alignment. The body is very good at compensating to get into a pose, even if it's ultimately bad for the body.

From a table pose or a forward fold, step the (Right) foot back, pressing into the ball of the foot and stretching the heel down (but not touching the heel to the ground). Widen the toes of the (Left) foot so the arch activates. Make sure the (Left) knee is directly over the ankle (not buckling in/out or going past the ankle). Engage the (Left) outer hip and pull it in towards the midline. Engage the deep abs and drop the tailbone down to make sure the spine is long and the hips are square. Clasp the hands on top of the (Left) thigh and see if you are balanced. If you do not feel stable here, do the sequence with the (Right) knee on the ground.



From the lunge, take the arms alongside the ears. Notice how the hands, spine and (Right) leg and foot are in a straight line. Keeping the deep abs active, inhale and lift the torso straight up, moving at the HIPS, not the mid-back. Use a mirror or have someone watch to see if you are bending the back or bending at the hips. Inhale as you lift-up, exhale into the fold, keeping the spine, neck and arms aligned throughout the movement. Do 5 of these on each leg, then work your way up to 10.