

Chair series of postures for the hips & legs

Quadriceps

Props such as chairs, belts, blocks provide solid sources of support for postures to be held comfortably for 3 to 5 minutes and so that muscles can safely and freely release.



Physical focus :

Quadriceps
Front of the upper body

Foundation :

Sitting bone of the front (left) leg resting firmly into the chair.

Knee of the back, grounded (right) leg resting into the floor or into a block – so that the hips remain vertically level. Place a towel under the knee for comfort if necessary.

NOTE: If necessary, also place a block under the foot of the left leg in order to keep the thigh parallel to the floor.

Alignment :

Maintain hip-to-knee and knee-to-ankle alignment of the front supported (left) leg.

Maintain the hip-to-knee alignment of the grounded (right) leg.

Maintain length in the spine and keep the shoulders square horizontally and vertically.

Benefits :

Provides a supported position in which a comfortable, gentle quadriceps stretch can be held for 1 to 3 minutes.

Provides a supported position in which opening can be created through the front of the upper body.

Props required :

1 chair
1-2 blocks if necessary
1 towel (to place under the knee)

Instructions :

- Place the front feet of the chair along the length of the mat and have your towel and blocks nearby.
- Sit upright with the left hip/sitting bone resting firmly into the chair and the right hip and knee off the side.
- Add a block(s) under the feet as necessary in order to achieve proper alignment on both sides of the body. Place a towel under the grounded knee for greater comfort.
- Inhale as you create length in both the spine and the front of the upper body. Exhale as you reach back to grab hold of the foot. Hold a position in which there is a comfortable, gentle stretch in the quadriceps. Hold the chair with your left hand for balance.
- Avoid pulling the leg toward you. Rather, remain aware of when it's appropriate to gently help the leg into a deeper range of motion (using the quality of your breath as a reference). Continue this process for as long as you hold the posture. When you are done, allow the foot to carefully release back down to the floor.