



## Bakasana

Slowly untwist the torso and place the hands to the ground before stepping the right foot to the top of the mat. Have the feet hip-distance apart. The hands are on the ground, shoulder-distance apart with the middle finger pointing forwards. Now bend the knees whilst keeping the hips high and place the knees at the top of the triceps, near the under arms. Transfer the body weight forwards, press the knees firmly into the arms and engage the entire body, especially the core area. Allow the feet to lift from the floor and look slightly forwards. Hold for five breaths.

Now from Bakasana jump back quickly and strongly into a plank position using the power of the legs and abdomen. Then move the hips backwards so you now transition into Downward Dog.

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# Award Winning Yoga Guide

**Daniela Niemeyer**



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