

## BASIC HAMSTRINGS

The following are the ABC of hamstring extending and were often done at the start of yoga lessons. As a result, my hamstrings became more elastic. They can be done on anything at any height. However, they are hamstring extenders so you must feel that happening. If not go higher. They require balance and good Tadasana footwork of both feet. NB: Hips must be level at all times. If raised leg hip is higher your support is too high. I'm demonstrating two heights here. A flat surface (a table, desk or even a bed) is really good if you can get your whole leg on it. **Standing foot points forward.** Mine was although it looks as though it wasn't!



Use thumb to keep your raised hip level.

or



Arms up



Arms out



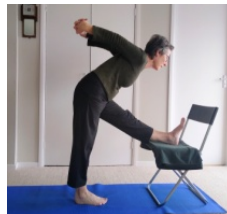
Arms up but folded



Arms behind back



Forward bend, back straight



Forward bend, arms up



Finally, twist (hard)

The following stretch the inner thigh which restricts movement in Trikonasana. Use a height where you feel the stretch while keeping hips level. My shoulders are not level in one pose. Do not copy.



or

