



THE HAND & WRIST

Always remember to have live and active fingers in all of your postures. This will help strengthen the wrists and elbow.

Place your thumb and index or middle finger around your wrist. Notice the space between the tips of your fingers. Make a strong close fist. Notice the space change. Make your fingers wide. Again, notice the changes. Make your fingers long but touching. To strengthen your wrists, you want to feel your muscles engaged. Every yoga posture is an opportunity to strengthen your wrists.

Try and limit closed fists. We are energy: a closed fist is a closed circuit.

TEACHERS TIP:

Downward facing dog ^{*16} is an asana that we come to a lot; therefore, it's a posture we need to make sure we have a ton of modifications and cueing adjustments for! Finding strength and stability is imperative.

The CUEs:

“Bring your index fingers to face the corners of your mat”

“Ground down through your finger tips and press the ground away from you”

“Press away and hollow out your armpit”

“Bend your knees, rock your chest to your thighs, press the ground away and slowly begin to straighten your legs”

The biggest pains I see in yogi's in the hands and wrists are indebted to inversions. Due to increased time spent on your hands with your wrists bent (extension).

To HELP: Find a stress ball, putty or a big bucket of rice and squeeze and relax and squeeze and hold and relax...this strengthens the surrounding wrist muscles.

To HELP: Your wrist extensors and flexors insert at your elbow. Try rubbing on the inside and outside of your elbow to help release your wrists.

To HELP: Work on having good supination and pronation. This is when you bring your palms to the sky and palms down. Rest your forearm off the edge of a table and hold one end of a dumbbell. Let the dumbbell fall to one side bringing your palm to the sky. Hold for the stretch. Bring back through center and fall palm down. Hold and repeat.