


Movement and Relaxation Yoga Skill Assessment

Name:	skill: Sun goddess
Critical Instances	Personal Execution
	
<p>Begin lying supine on the floor. Bend your knees and place your feet together flat on the ground. With your hands grip your topmost thighs and rotate your inner thighs externally, pressing your outer thighs away from the sides of your torso. Next slide your hands along your outer thighs from the hips toward the knees and widen your outer knees away from your hips. Then slide your hands down along your inner thighs, from the knees to the groins. Imagine that your inner groins are sinking into your pelvis. Push your hip points together, so that while the back pelvis widens, the front pelvis narrows. Lay your arms on the floor, angled at about 45 degrees from the sides of your torso, palms up. The natural tendency in this pose is to push the knees toward the floor in the belief that this will increase the stretch of the inner thighs and groins. But especially if your groins are tight, pushing the knees down will have just the opposite of the intended effect: The groins will harden, as will your belly and lower back. Instead, imagine that your knees are floating up toward the ceiling and continue settling your groins deep into your pelvis. As your groins drop toward the floor, so will your knees.</p>	