



Bakasana (Crane Pose), Kakasana (Crow Pose), and Eka Pada Bakasana

Description

Bakasana

https://yogateachercentral.com/wp-content/uploads/2017/02/bakasana-crow-shutterstock_37289227

Kakasana

<https://yogateachercentral.com/wp-content/uploads/2017/02/Kakasana.jpg>

Bakasana Baby Crow Version

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Eka Pada Bakasana

A person doing a handstandDescription automatically generated with medium confidence

Eka Pada Bakasana II

A person doing yogaDescription automatically generated with medium confidence

Bakasana B

A person doing yogaDescription automatically generated with medium confidence

Bakasana

bahk-AHS-anna



â??bakaâ?• = crane

Crane Pose

Kakasana

kahk-AHS-anna

â??kakaâ?• = crow

Crow Pose

Heart of Poses

- Arm Balance
- With hips higher than head, itâ??s also an Inversion

Naming & Differentiation

- Most often, *Bakasana* is translated as Crane Pose and *Kakasana* as Crow Pose. Some sources use the name *Bakasana* but refer to it as Crow.
- Some sources consider Crow Pose and Crane Pose to refer to the same *asana*. Some sources differentiate them â?? including Yoga International ([here](#)) and Kino McGregor in Yoga Journal ([here](#)).
- In most cases, the poses are differentiated by the arms: *Bakasana* has straight arms and *Kakasana* has bent arms. In [this article](#), the author notes *Kakasana* not only has bent arms, but also, the legs are outside the triceps instead of on them. In this version, she explains, the hips should stay low instead of lifting as in *Bakasana*.

In Iyengar yoga and the Ashtanga Vinyasa tradition, the posture is known as *Baka Sana* (generally translated correctly as a crane), but in the Sivananda tradition, it is known as *Kakasana*, even if the arms are straight. In Sivananda and *Satyananda* yoga, *Bakasana* is a different posture altogether â?? a standing one-legged forward bend. â?? Jennifer Ellinghaus

Notes

- Considered foundational pose for more advanced arm balances.
- In *Eka Pada Bakasana*, the shin of the lower leg is parallel to the long side of the mat. In [Eka Pada Galavasana \(Flying Crow Pose\)](#), the lower shin is parallel to the front of the mat.

Effects / Benefits



Energy, Mood, Emotion

Effects to energy, mood or emotion may include the following.

- Can bring focus and clarity.
- May inspire confidence.

Inner Body

Inner body effects may include the following.

- Tones abdominal organs.

Musculoskeletal

Musculoskeletal effects may include the following.

- Strengthens arms and wrists.
- Strengthens abdominal muscles.
- Stretches upper back.
- Opens groins.

Therapeutic Uses*

- Stimulation of abdominal organs said to help with [digestive functions](#).

* This pose is often associated with positive effects related to the conditions listed. But unless trained in yoga therapy, teachers are usually advised against prescribing particular *asanas* to address specific conditions.

Cautions

Watch Out For

See this DoYouYoga [article](#) for brief coverage of these potential issues:

- Hips too high
- Too much weight in wrists
- Elbows out
- Shoulders by ears
- Feet dangling
- Gaze back or down rather than forward.
-



Basic Form

Set Up

A person sitting on the floorDescription automatically generated with low confidence

1. Start in [Malasana \(Yogic Squat\)](#).
2. If desired, support heels with rolled up blanket or place feet on blocks.
3. Separate knees wider than hips.

Moving Into Pose

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Inhale

1. Lean torso forward.
2. Place hands on floor, knees outside upper arms.
3. Squeeze inner thighs.

Exhale

1. Lean forward more, hips reaching toward sky.
2. Come up on tiptoes.
3. Press knees into arms until one or both feet leave floor.
4. Push floor away. Balance here on bent arms, or, continue.

Inhale

1. Squeeze legs against arms.
2. Press inner hands into floor.
3. For *Kakasana*, elbows remain bent.
4. For *Bakasana*, straighten elbows.

Gaze

1. Keep head neutral with eyes looking at floor.
2. Or lift head slightly to look forward. Avoid compressing neck.

Hold Time

- 20 seconds to 1 minute



Coming Out

- Exhale â?? Slowly lower feet to floor into a squat.

To Emphasize

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1. Round upper back.
2. Squeeze arms with knees.
3. Hug forearms in.
4. Draw heels in toward tailbone.

In bird poses (crow, eagle, rooster, peacock, etc.), common factors are flexion of the [thoracic spine](#), [abduction of the scapulae](#), and extension of the cervical spine. These actions require precision and strength in the [muscles of the spine](#) to achieve cervical extension without engaging the [trapezius](#), which interferes with the action of the scapulae and arms. â?? Yogaanatomy.net

Verbal Cues & Mythology

Create a Stable Foundation

- Keep rooting into heels of hands.
- Press ground away.
- â??Engage all your fingers for support so that not all of the weight is on your wrists.â?• (Claire Mark)

[In Chaturanga] itâ??s essential to pull your elbows into your side ribs while keeping your forearms perpendicular to the floor,â?• says Jason Crandell. This creates greater stability in the joint where your upper arm bone and shoulder blade connect. Youâ??ll also hear this cue in *Bakasana*, in which it similarly provides stability and the desired engagement during the arm balance. â?? Ryan Peacock

Draw Inward, Engage Core

- Press knees against arms and arms against knees.
- â??Although the knees initially widen to come into this position, the final action of the legs is adduction, to hug the knees to the sides of the upper arms or outer shoulders.â?• (Leslie Kaminoff, YogaAnatomy.net)
- Draw inward, finding core strength before pushing down to get lift.
- Firm forearms and triceps inward.
- Contract abdominals.
- Engage [bandhas](#).
- Engage core while relaxing internally.



Shift Your Weight

The lift of the feet happens not from forcibly lifting them, but from shifting the weight.

LIKE SAND IN AN HOUR GLASS TIPPED ON ITS SIDE

I can't tell you how many times I've seen students attempt Crow Pose by shifting a little weight into their hands and then forcibly trying to lift a foot before it immediately drops back to the mat. Imagine sand in an hour glass tipped on its side. The moment more sand pours into the front half of the hour glass, the back half lifts on its own. It's the same principle with your body. When you slowly lean forward so that your center of gravity shifts to the front part of your body, your foot (or, hopefully, feet) will naturally lift off the mat. Instead of working against gravity, let it help you. — Claire Mark

In the following [2-1/2 minute video](#), the teacher demonstrates how failing to shift weight hinders pose. It describes how to focus on shifting weight in contrast to focusing on lifting feet.

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Back, Shoulders & Arms

1. Keep back rounded.
2. Release shoulders down away from ears.
3. Keep spine lengthened.
4. Straighten arms.

PRESSING FROM CHATURANGA TO PLANK

The action of finding the long crane arms is challenging and should be worked on over time. One approach to straightening your arms is to imagine pressing yourself up from *chaturanga* to plank. — Allison Schleck-Jeraci

Legs & Feet

1. Keep feet lifted.
2. Draw heels toward buttocks.
3. Keep shins and thighs close together.
4. Stretch feet back.

Head, Face & Gaze

1. Keep head aligned with spine.
2. Soften gaze.
3. Relax forehead.
4. Release jaw.



Mythology

A bird standing on a branchDescription automatically generated with medium confidence

The story of the crane can be found in the [Mahabharata](#), an epic tale that is central to yoga philosophy and wisdom. In this story, Lord Yama (the Lord of Death) decides to disguise himself as a crane to test his son Yudisthira. This is an unusual choice, as we would associate death much more readily with a crow than a crane. But Lord Yama makes this choice purposefully, to fool those who are might be looking out for him. When you think about the qualities of a crane, you might think of a regal, graceful, and majestic bird. The crane is patient and doesn't move much. It stands and waits for his prey to come to him. Ashley Josephine

In the following [video](#), Alanna Kaivalya PhD tells a longer version of the story of the crane in yoga philosophy.

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Video Basic Instructions

In this [3-1/2 minute video](#), Anna Coventry demonstrates with basic pose instructions.

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Video Low Hips Version

In this [2-1/2 minute video](#), Maria Villella demonstrates a tendency to rely on resting on arm bones. Here she demonstrates a variation of beginning in [Malasana](#) and keeping hips low.

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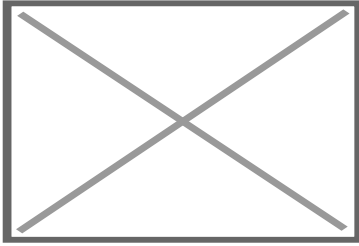
Video Strong Variations

In this [3-1/2 minute video](#), Christina Sell demonstrates three strong variations for *Bakasana*, particularly suitable for a workshop-type practice.

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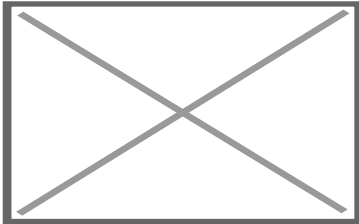
Variations

BakasanaCrane Pose



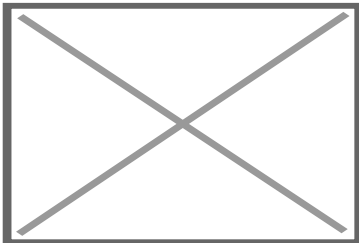
See [Basic Form](#) for instructions.

KakasanaCrow Pose



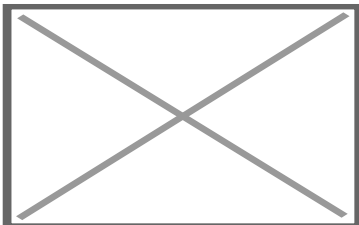
In *Kakasana*, the arms are bent rather than straight as in *Bakasana*. Take legs outside of triceps rather than on them. In [this article](#), the author explains that in *Kakasana* the hips should stay low instead of lifting as in *Bakasana*.

â??Baby Crowâ?•Variation on Forearms



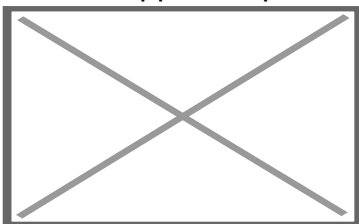
Ground forearms rather than hands. From Childâ??s Pose, bring forearms to mat. Come up onto toes. Walk feet in as far as possible. Next:â??Snuggle your knees up into your armpits. Yes, itâ??s awkward and you will feel like there is no space â?? youâ??re doing it right! Slightly shift your weight forward and LIFT from your CORE! Play around with it for a minute or two. For more instructions, check out [this post](#).â?•â?? KC Whitsett [link](#)

Lift Only One FootPrep or More Accessible Alternative



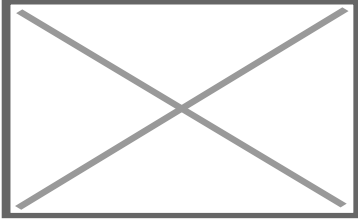
Lifting one foot can serve as a first step toward the full pose. Or, it may serve as an alternative in developing readiness for lifting both feet. Switch sides.

Lift-Off SupportProp Feet



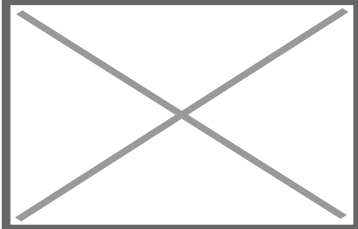
Propping under feet can make lift-off more accessible. Also shown [here](#).

Prop Support & Setup Step 1 & Blocks & Bolster



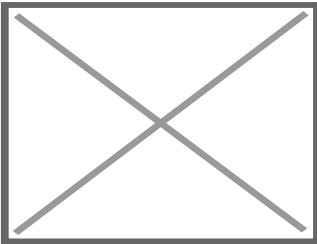
For more support, place bolster or blankets under head. Or rest head on a foam block on its highest setting.

Prop Support & Moving into Pose Step 2 & Shift Weight



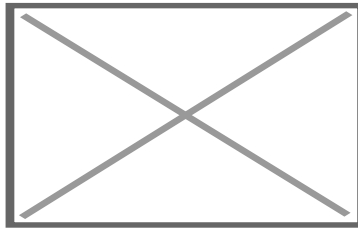
Begin shifting weight into hands, lightly supporting head on block or bolster to provide confidence, as needed. Explore here, allowing bolster to be supportive. Of course, avoid excessive weight on head and neck. See brief video [here](#) of a teacher moving into the pose by placing forehead on a block (in the highest position).

Chair Version Alternative + Strength-Building

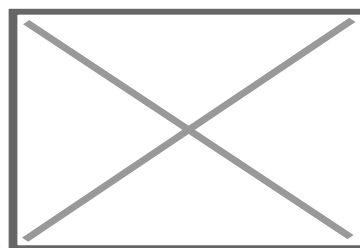


As Andrew McGonigle demonstrates [here](#), you'll need a chair with a cross-bar for the feet. (Many yoga chairs have those removed.) Sit in chair seat with blocks on floor in front of you. Lean forward to place hands on blocks. Squeeze inner knees into arms. Take feet back, resting tops of feet on the cross-bar. Press into blocks as if to lift off the chair.

Toe Taps
Prep Pose & Core Activation



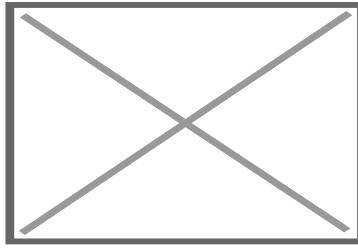
Cross Ankles (Not shown)
More Challenge



Inhale â??
Slowly lower
one foot
down toward
same side
wrist.Keep
low belly
actively
lifting and
arms
hugging
in.Flex foot
and lightly
tap wrist with
toes.Exhale
â?? Lift
foot.Repeat,
second
side.Inhale
â?? Lower
both feet and
exhale to
lift.Sources
and more
information:
[Liz Arch](#) and
[Jenn
Chiarelli](#)

Cross
ankles.
Switch
sides.Can
also â??play
with
switching the
crisscrossing
as many
times as you
like.â??
[\(Jenn
Chiarelli\)](#)

Bakasana PushupsMore Challenge



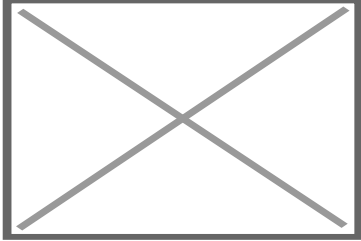
Bend and straighten elbows for *Bakasana* pushups. ([Jenn Chiarelli](#))

In Ashtanga Yoga, jumping from Downward Facing Dog into Crane Pose is called *Bakasana*. See article with preparatory steps by Kat Heagberg [here](#). See 5-min video by Iain Grysak [here](#). Read in-depth analysis, preparation and instructions by David Keil of *Yoganatomy* [here](#).

Bakasana BJumping into Pose

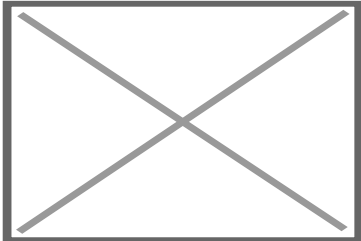
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Eka Pada Bakasana One
Legged Crane / Crow Pose



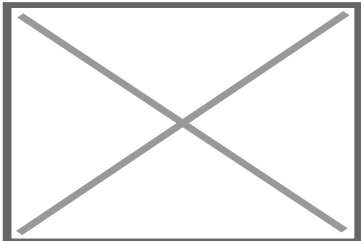
See in-depth teachings and tutorials [here](#) and [here](#) and [here](#) and [here](#). I pride myself on my ability to break down advanced postures and make them more accessible for my students. But, aside from a few essential keys that I'll share in a moment, Eka Pada *Bakasana* I is just a seriously difficult posture that requires a ton of strength. • Jason Crandell [link](#) Arm balances have long been my favorite kind of pose to practice, with one notable exception: eka pada *bakasana*. For years, no matter how hard I tried, each time I endeavored to come into one-legged crow from a lunge (an entrance that's often considered more accessible than moving into the pose right from crow) I could work my front knee up but trying to lift my back foot off the floor felt like trying to lift a ton of bricks. • Kat Heagberg [link](#)

Eka Pada Bakasana II One
Legged Crane / Crow Pose II



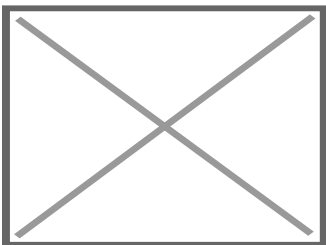
See instructions [here](#).

Warrior 3 to Eka Pada
Bakasana Flow Version



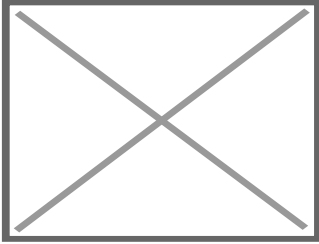
From Warrior 3 Pose, take hands to the mat. Bring knee to elbow in preparation for One Legged Crow. Shift weight forward, creating a 90-degree bend in the arms. Stay or bring second knee forward for *Bakasana*. Repeat on second side. This version from doyou.com [here](#).

Headstand to Bakasana Step
1 Bend Knees



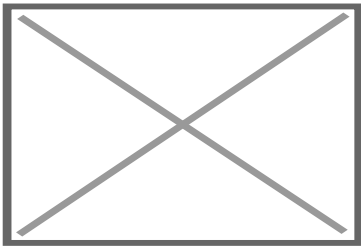
When beginning to work with advanced practice of moving from [Sirsasana \(Headstand\)](#) to *Bakasana*, stacked blankets under head can help with the transition of lifting head. (From [Yoga The Iyengar Way](#) 1990 pg 131) Before attempting this advanced technique, student must be experienced in practicing Tripod Headstand with ease, with "no neck strain whatsoever" during or after. From Tripod Headstand, bend knees. Hug thighs together.

Headstand to Bakasana Step 2 Slowly Bring Knees to Arms



Separate knees hip-width, keeping feet touching. Engage core and slowly lower knees to arms. Keep shoulders lifting so weight doesn't go into neck. For more information on assist shown here, see [Hands-On](#)

Headstand to Bakasana Step 3 Shift Weight to Lift Head



Engage core to shift weight, dropping seat toward heels and lightening weight on head. Keeping hamstrings & calves drawing together, slide crown of head away until gaze is down at mat. Press palms to lift head. Breathe. Round upper back and press ground away, keeping heels in toward tailbone as you move into *Bakasana*. For more in-depth coverage of the actions required here, see Kathryn Budig's [blog](#) with photos and/or Donna Farhi's article, [Bakasana Vinyasa](#).

Sequencing

Preparation

To Prepare

Take care to thoroughly warm and prepare the whole body, particularly the following:

- Wrists
- Shoulders
- Back
- Hips
- Ankles

For stabilizing in the pose, Mark Stephens notes the need to prepare wrists, shoulders, chest, abdominals, pelvic floor and knees.

HIP STRETCHING

Imagine coming into *Bakasana* (Crow Pose). Can you see the deep squat that's required to get your knees all the way toward your armpits? That requires a pretty intense range of motion in the ball-and-socket joint of the hips. Before you even think about lifting yourself off the mat, you need to be able to come into the basic shape of Crow. And to do that requires that you first stretch the hip flexors (along the front of your thighs), the adductors (along your inner thighs), and the hamstrings (back of the thighs). — Claire Mark



Pose Considerations

- [Wrist Stretches](#)
- [Balasana \(Child's Pose\)](#)
- [Marjaryasana \(Cat-Cow Flow\)](#)
- [Opposite Limb Extension & Flow](#)
- [Plank Pose](#)
- [Plank Variations](#)
- [Sucirandhrasana \(Eye of the Needle Pose / Reclining Pigeon\)](#)
- [Bridge Flow](#)
- [Adho Mukha Svanasana \(Downward Facing Dog Pose\)](#)
- [Surya Namaskar \(Sun Salutations\)](#)
- [Uttanasana \(Standing Forward Bend\)](#)
- [Padangusthasana \(Hand to Big Toe Pose\)](#)
- [Prasarita Padottanasana \(Wide Legged Standing Forward Bend\)](#)
- [Crescent Lunge](#)
- [Garudasana \(Eagle Pose\)](#)
- [Anjaneyasana \(Low Lunge\) and Variations](#)
- [Utthan Pristhasana \(Lizard Pose\)](#)
- [Skandasana \(Side Lunge\)](#)
- [Malasana \(Garland Pose / Yogic Squat\)](#)
- [Navasana \(Boat Pose\)](#)
- [Ardha Navasana \(Half Boat Pose\)](#)
- [Jathara Parivartanasana \(Reclined Twist / Revolved Abdomen Pose\)](#)
- [Core Exercises](#)

DOWNWARD FACING DOG & LUNGES

The best way to prepare for arm balances like Crane Pose (Bakasana) is to practice Downward-Facing Dog and hip openers like lunges. Downward-Facing Dog gives you an opportunity to strengthen your arms for arm balances. Lunges can help you prep for arm balances because they open the hips, and you need that openness in the hips to do arm balances like Crane. Eddie Modestini

DISTRIBUTING ATTENTION & ACTIVATION

Arm balances are only partially about the arms. Without a strong core, you may find yourself relying on your upper body to muscle through them. But the key to really taking flight in arm balances like *Bakasana* is distributing your attention equally between the core by activating the pelvic floor and lower abdominals and the upper body by finding stability and strength in the shoulder girdle. Kino MacGregor

REQUIRES SPINAL STRENGTH & PRECISION

In bird poses (crow, eagle, rooster, peacock, etc.), common factors are flexion of the thoracic spine, abduction of the scapulae, and extension of the cervical spine. These actions require precision and strength in the muscles of the spine to achieve cervical extension without engaging the trapezius, which



interferes with the action of the scapulae and arms. â?? Leslie Kaminoff

Jason Crandell Video

This [15-minute video](#) discusses and demonstrates preparation for *Bakasana*.

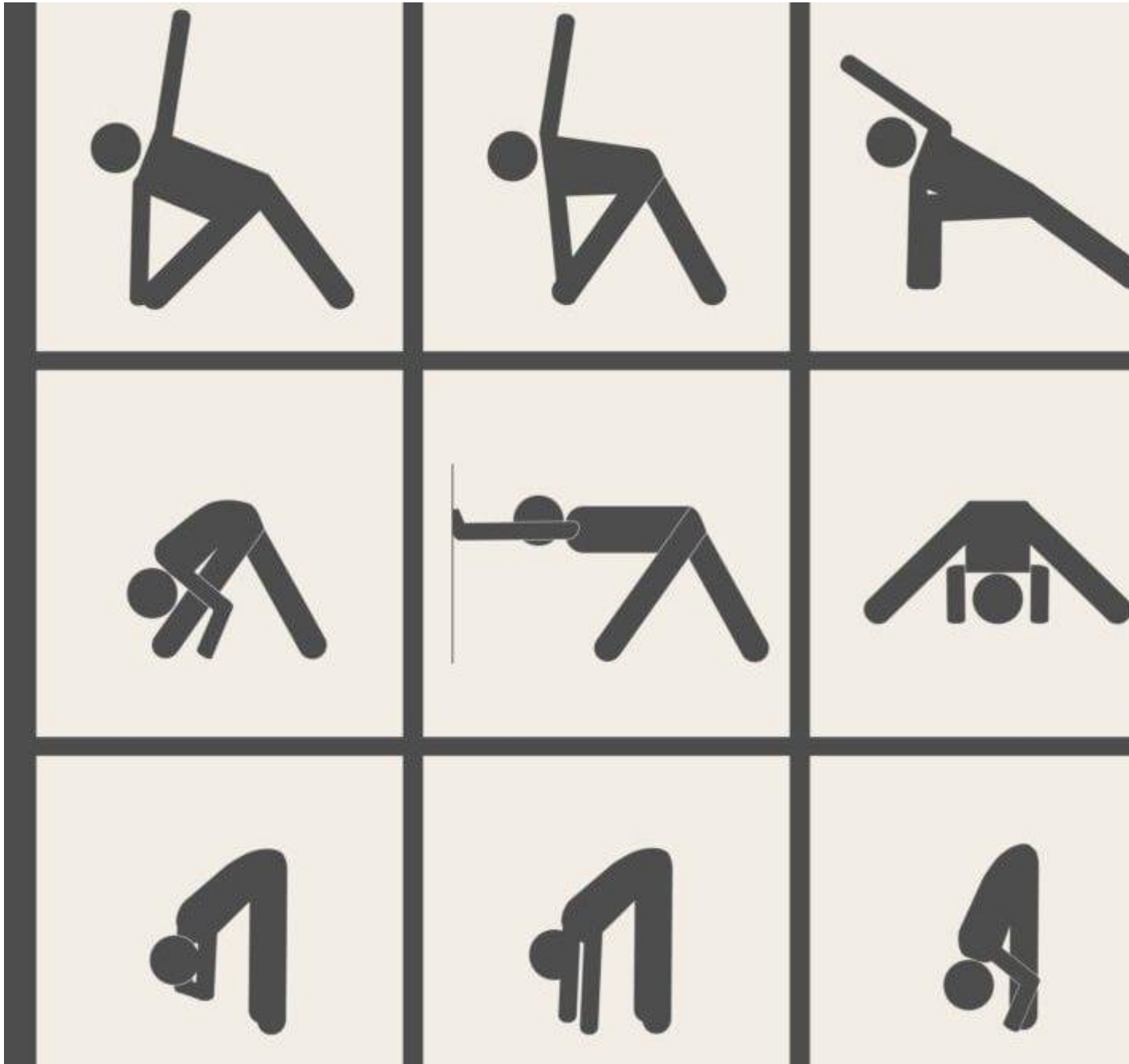
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Counterposes

A person sitting on a yoga matDescription automatically generated with medium confidence

- [Vinyasa](#)
- [Wrist Stretches](#)
- [Adho Mukha Svanasana \(Downward Facing Dog Pose\)](#)
- [Bridge Pose](#)
- [Urdhva Mukha Svanasana \(Upward Facing Dog Pose\)](#)
- [Reclined Twist](#)
- [Balasana \(Childâ??s Pose\)](#)
- [Savasana](#)

Sample Sequences



A Counterpose in Power Yoga

Beryl Bender Birch notes this as an essential counterpose to the backbends preceding it in her power yoga sequence — including [Salabhasana \(Locus Pose\)](#), [Bhekasana \(Frog Pose\)](#), [Dhanurasana \(Bow Pose\)](#) and [Ustrasana \(Camel Pose\)](#).

Sequences: Analysis Available

Select the class for an at-a-glance look at the class intention and structure. If it fits your needs, then you can review our deep analysis of the sequence and — for most classes — download and print a handout with notes.



- [Bakasana Prep \(Int 40-min\)](#)
- [Standing & Arm Balance \(Int / Adv 45-min\)](#)
- [Muladhara Flow \(Int / Adv 75-min\)](#)

More Expert Sequences

- [Crandell, Jason, Essential Sequence: Bakasana](#)
- [MacGregor, Kingo, Yoga Journal, More Core! 11 Steps to Balance Out Your Bakasana](#)
- [Silverman, Emma, How to Come into Crow Pose \(Bakasana\): A Sequence](#)

See Also

- [Asana Category: Balancing / Arm Balancing Poses](#)

Inspiration

Affirmations

A strong foundation allows me to meet all challenges. â?? Yoga Teachersâ?? Toolbox 2005 p 79

Bird Mythology

MESENTERS OF THE GODS

Birds are special in Hindu myth. Their ability to fly and enter the realms of heaven makes them ideal messengers of the gods. Hindu gods, unlike Christian angels, are usually wingless, so they often fly through the air on birds. Itâ??s no wonder, then, that many yoga poses are named for these creatures. Aside from Pigeon there are Eagle, Peacock, Swan, Crane, Heron, Rooster, and Partridge. â?? Richard Rosen

CRANE SYMBOLISM

Historically, cranes have beenâ?? used to symbolize longevity. This possibly derived from the fact that cranes have existed for millions of years, with the oldest existing crane fossil dating back 10 million years! Cranes also have long life spans compared to other birds, averaging 20 to 30 years, and can fly at very high altitudes. And they have some interesting talents, like the ability to grasp a stone with one foot, while maintaining a strong connection to the earth with the other footâ?? Maybe this isnâ??t just another fancy pose, but rather an opportunity to embody the wonderful qualities of the craneâ??the elegance, the vigilance, and the earthly connectionâ?? and to remind us of our own inherent beauty and strength, our ability to soar past challenges, or to see them as stepping stones along the path to longevity and freedom. â?? Allison Schleck-Jeraci



Enormous Strength Not Required

JUST PATIENCE, CONCENTRATION & HUMOR

Arm balances don't require enormous strength—just patience, concentration, and a sense of humor. —Donna Farhi

Experiencing Ourselves as Beginners

INVOKING CHILDLIKE WHIMSY

In order to work through my fear of falling in this pose, I first explored *kakasana* on my lawn—I knew that if I fell, it would be on soft grass, and therefore less scary than crashing onto a hard floor. The blanket provides a similar sense of comfort. Try approaching this pose through the lens of childlike whimsy: When children learn, for example, to do cartwheels, they sometimes fall down. No big deal! It's part of the learning process. —Dianne Bondy

The following quote is in reference to Headstand to Crow *vinyasa* but can be applied to any challenge.

I want to invite you to challenge yourself! Many of us never attempt these postures. We can't do them because we don't practice them and we don't practice them because, well, we can't do them. Rather than face the discomfort of experiencing ourselves as beginners, we get stuck in an eddy of inertia, trapped in endless repetition of what we already know. Or, if we do challenge ourselves, we quickly give up, flustered and uncomfortable with our ungainly efforts! If you've never done [the proposed challenge], you probably can't imagine how good it feels—and you may think you'll never succeed. So, in the beginning, you need a little faith. You need to believe that it's okay to stay right with yourself, to develop what you can do instead of fretting about what you can't, and to work patiently through your clumsiness, regardless of how long it takes. But you simply can't bypass your own ineptitude—unless, of course, you wish to remain inept forever. —Donna Farhi

Focusing on the Keys

If you are a member of Yoga International, you may wish to review the following article, 6 Tips to Fly Your Crow Pose, Leah Sugarman sums up the keys for a successful Crane and Crow Pose.

The moment you doubt whether you can fly, you cease forever to be able to do it. —Peter Pan

1. Set your foundation.
2. Squeeze into the midline.
3. Engage the *bandhas*.
4. Round your back.
5. Lift your hips.
6. Look forward, lean forward.

Weight Shifting



LEARNING THE WEIGHT SHIFT IS ESSENTIAL

Most people who fail at this arm balance have not distributed their weight correctly. The most common mistake I see is students lifting their hips so high that their poses are too vertical—they become diving cranes! Some people get the feet off the floor this way, but then their pose becomes very heavy on the arms. Crane Pose performed in this manner avoids the weight shift essential to understanding this asana and evolving into other arm balances. My feeling is, if you can't go forward enough to risk falling, you won't go forward enough to balance. — Barbara Benagh

Next Step

Introduction

As they begin to feel accomplished in a pose, some students like to know —where they are headed— • i.e. a deeper variation of the pose or another pose that uses the skills from this one. Here are some considerations.

Down Dog to Crow

One advanced transition is jumping into Crow Pose from Downward Facing Dog Pose. If you are a member of Yoga International, you may wish to review this [article](#), Kat Heagberg suggests the following steps:

1. Practice jumping from [Downward Facing Dog Pose](#) forward into a high squat, keeping hands on floor. Kat Heagberg recommends bringing hands next together for this version and jumping feet to the outside of hands.
2. Practice jumping briefly into [Crow Pose](#). The focus here is on pushing the floor away while jumping forward in order to a) hug shoulder blades to rib cage b) help to round the back and c) keep enough height to land high on arms.
3. Practice jumping and holding [Crow Pose](#).

ENJOY THE JOURNEY

Enjoy your flight, and—! don't worry if you don't get it right away! Remember, jumping into crow isn't going to help you achieve enlightenment, cure the common cold, or make your student loans disappear, but preparing to jump into crow with these steps can liven up your asana practice, energize your day, and serve as an oft-needed reminder that the process of working toward an asana or transition is just as important as —sticking it—•—and part of the fun!—• — Kat Heagberg

Tripod Headstand to Crow

Another advanced option is moving from Tripod Headstand to Crow. For a series of photos with cautions and instructions, see Variations in menu above.



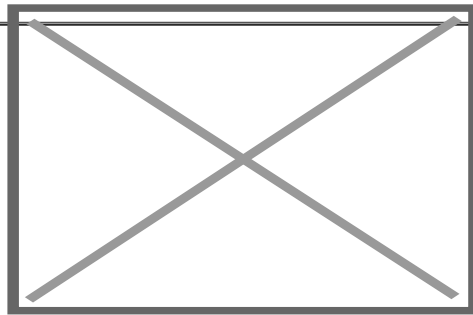
Crow to Chaturanga

Another advanced practice is to step or jump back from Crow Pose to [Chaturanga Dandasana\(Four Limbed Staff Pose\)](#). For more information and instructions, see this 2-minute Kino MacGregor [video](#).



Hands-On

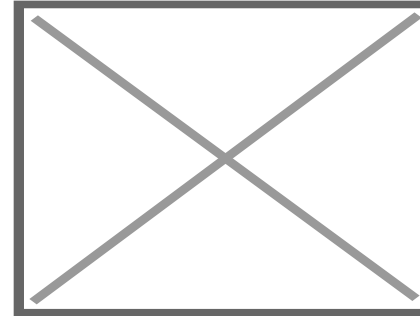
Shoulder Spotting



To help

student feel more confident moving into pose. Set up in squat in front of student. Place hands in front of shoulders as student lifts off. Act as a "spotter," supporting or catching student if needed. As an alternative, place a bolster or blankets under the head.

Supporting Lift Off: Set Up

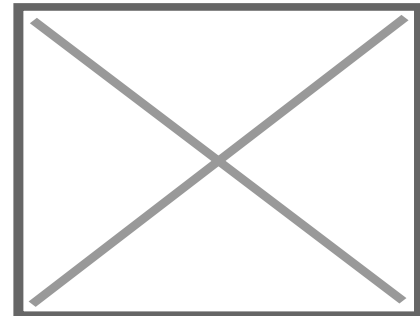


To help student with lift off.

Supporting Lift Off: Shifting Weight

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To help student with lift off.

Supporting Lift Off & Transition to Headstand



To help student with lift off or with transitioning to Headstand.

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