



Crescent Lunge

Description

Crescent Lunge

https://yogateachercentral.com/wp-content/uploads/2017/02/crescent-high-lunge-shutterstock_3699

Leaning Lunge

<https://yogateachercentral.com/wp-content/uploads/2017/03/leaning-lunge-crescent-lunge-virabhadra>

Runner's Lunge

https://yogateachercentral.com/wp-content/uploads/2017/02/runners-lunge-shutterstock_567471268

Vimanasana (Standing Pose)



Naming

- Crescent Lunge
- High Lunge
- Variation: Runner's Lunge
- Variation: Arms out to sides for *Vimanasana* (Airplane Pose)

Heart of Pose

- Standing Pose
- Warrior 1 Variation

Naming & Differentiation

While there are some differences among sources, the most common usage of the various names for Lunges are as follows:

Low Lunge

- Back knee down
- Hands to floor, to knee, or up by ears



- See [Anjaneyasana](#)

High Lunge

- Back knee lifted
- Hands to floor, to knee, or up by ears

Crescent Lunge

- Back knee lifted
- Hands up by ears

Runner's Lunge

- Back knee lifted
- Hands to floor

Utthan Pristhasana (Lizard Pose)

- Back knee lifted or down
- Hands or forearms to floor inside of front foot

Image of *Vimanasana* from [Yoga International](#).

See Also

- [Asana Categories](#)
- [General Alignment Principles](#)
- [Alignment Cueing](#)

Effects / Benefits

Musculoskeletal

Musculoskeletal effects may include the following.

- Tones lower body
- Lengthens torso

Energy, Mood, Emotion

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

- Heating



- Energizing
- Stabilizing

Can Serve as Introduction Prior to Teaching Virabhadrasana I

Consider first instructing Crescent rather than Warrior 1 as a way of introducing high lunge poses and offering the space in which to gently awaken the hip flexors and groin while ensuring that students understand the important alignment principle of knee-over-heel. — Mark Stephens

Cautions

- Ensure front knee stacked over ankle to avoid knee strain (not falling in or going forward beyond ankle).
- Avoid thrusting ribs forward and sinking in low back.
- Do not use the oft-used cue in *asana* to “draw shoulder blades together,” which is effective in many situations, but not this one. When arms are overhead, the shoulder blades must protract (widen) and upwardly rotate so that the arms can lift. Drawing the shoulder blades together in this position is counterproductive to this functional movement. (Rachel Scott)

Verbal Cues

It’s typically advised that teachers provide no more than three instructions per pose so that students have time to work with the teaching. Here you’ll find many options from which to choose. Some cues make the same point in different ways, and occasionally some can be contradictory, so please try them out for yourself. When cues are unusual or uniquely described, we have noted the source.

Hips, Legs & Feet

1. Square hips.*
2. Place feet about 4 inches apart. (Baron Baptiste)*
3. In full pose, the knee is at a 90 degree angle.
4. Keep front knee over ankle.
5. Keep back leg straight.
6. Keep lifting back quadricep and knee upward.
7. The back heel is lifted.
8. From Runner’s Lunge, drop back knee to an [Anjaneyasana](#) variation as needed.

*Please see: [Common Problems in Alignment Cueing for Standing Poses](#)

ALIGNMENT CUEING

Set your foundation by pressing through the balls of both feet, stretching the mat apart between them. Your back leg is the anchor here; keep it strong! Gently lift and contract your abdomen to stabilize your core. There is a balance element to this pose so get a sense of your center. [With right



leg forward], pull your right hip back, your left hip forward, squaring your hips so that they face the wall in front of you. Align your mind to your spine so you move and breathe from your center of balance.
â?? Baron Baptiste

Torso & Arms

1. Upper body in *Tadasana*
2. Keep chest open and spine long
3. Keep low back and belly firm
4. Lift front of pelvis up
5. Soften front ribs down
6. Place arms in line with ears
7. Palms facing each other, pinkies turning in, thumbs turning out
8. Reach up through fingertips
9. Keep shoulder blades rooted down and in

Head, Neck & Shoulders

1. Soften face and eyes
2. Gaze up to thumbs or straight ahead

Variations Summary

Variations & Alternatives

1. Leaning Lunge
2. Arms in â??cactus armsâ?•
3. Hands to knee
4. Hands to hips (especially for squaring hips)
5. Hands to blocks
6. Hands to floor
7. Fists to floor (if there is discomfort with palms and fingers); wrists in alignment with forearms (Stephanie Pappas)
8. Gaze up or straight ahead
9. Back heel against wall
10. Drop knee to [Anjaneyasana \(Low Lunge\)](#)

See also [Variation Photos](#)

Variations

Alternative



Low Lunge

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

Back knee can be dropped in any of the poses to create a Low Lunge variation. See [Anjaneyasana](#) for more information on Low Lunge.

Crescent: Deeper Expression

Backbend

<https://yogateachercentral.com/wp-content/uploads/2017/02/Crescent-Deeper-Expression.jpg>

Many students will have plenty of challenge with High Lunge as they endeavor to keep from sinking in their low back and maintaining an upright torso. More experienced students may wish to explore a backbend as shown.

More Variations & Adaptations

See Variations for many more considerations.

Author

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