



1. Crouch down and press knees into your upper arms.



2. Push up onto the balls of your feet. At the same time, bend your neck and lift your head.



3. Bring your right foot away from the floor.



4. Bring your left foot up also and join your big toes together. REMEMBER to keep your head up as high as possible.

Yoga with Rama

The Crow

By RAMA VERNON

The Crow Posture is sometimes called The Raven. Perhaps this is because a raven is a smaller and prettier version of a crow.

But whatever its name, the circulation this posture brings to the upper body not only strengthens arms, chest and shoulders but aids in eliminating the "crows feet" around the eyes. Ironically, the hands and fingers are spread out like the feet of the crow.

The object is to crouch down as far as possible keeping the feet fairly close together but separating the knees so that they rest firmly on the back of the upper arms. Even though it looks difficult, The Crow is given to beginning Yoga students as the only thing in it that can be strained (besides the nose) is the pride.

Keep the knees on the arms and push up to the balls of your feet. Now the scary part begins . . . lift one foot from the floor and then the other until you are completely balanced on your arms.

One word of caution; when practicing this posture, as you shift your weight forward lifting your feet from the ground, be sure to bend at the neck and lift your head up as high as possible. This counteracts the forward thrust of weight. If you don't, you may look like another posture . . . "The Crashing Crow."