



Instructions for Archer Pose

Posture: Bring the right foot forward so that the feet are 2-3 feet apart. The right toes face forward while the left foot comes to a 45 degree angle, with the heel back and the toes forward. The left leg stays straight and strong as the right knee bends until the thigh is almost parallel to the ground (do not let the knee go beyond the toes); tuck the tailbone.

Curl the fingers of both hands onto the palms, thumbs pulled back. As if pulling back a bow and arrow, lift the right arm up, extended forward parallel to the ground, over the right knee. The left arm, bent at the elbow, pulls back until the fist is at the left shoulder.

Pull Neck Lock. Chin in, chest out. Feel this stretch across the chest.

Eyes: Eyes stare beyond the thumb to Infinity.

Switch legs, to the same posture with the left leg forward

Time: Practice for 3-11 minutes on each side.

Find Archer Pose in the Aquarian Teacher KRI Teacher Training Manual Level 1 and I am a Woman, available through KRI.