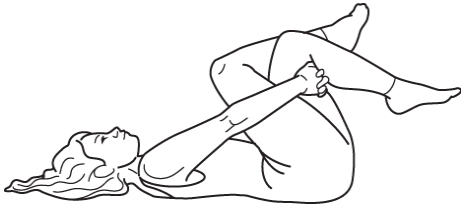


CLOSER LOOK @ ASANAS: PIRIFORMIS STRETCH/THREAD THE NEEDLE

1. Name: **Piriformis Stretch/Thread the Needle (Janu Padottanasana)**



2. Type of Movement: **Forward Bend/Supine Forward Fold**
3. Chakra: **Saturn/Mars**
4. Set-Up: **Lying on back, knee chest**
5. Teaching Points: **Piriformis muscle is deep in hip joint & runs near the Sciatic Nerve. Irritation or tightness of this muscle can cause irritation to the Sciatic Nerve in the low back resulting in pain in the buttocks, low back and/or down into the legs.**
6. Common Mistakes: **Placing foot rather than ankle on the opposite thigh with possible result of overstretching of the ankle joint**
7. Warm Up: **Knee to chest/wind relieving pose, moving knee/chest position side to side rolling on back**
8. Before the Pose: **Lying supine, knees to chest**
9. After the Pose: **Lying Spinal Twist, Pelvic tilts**
10. Soften the Pose: **Keep lower leg with foot to floor & use hand to knee to perform the stretch**
11. Increase the Challenge: **Raise the bottom leg; Raise the head to knee & hold**
12. Props: **Possibly a belt around lower leg thigh if student is unable to reach between legs to hold @ back of thigh**
13. Benefits: **Stretches Piriformis; Tones Stomach muscles; Increases flexibility in spine**
14. Indications: **Persons with desire/need to stretch Piriformis; those with tight hips**
15. Contraindications: **Acute low back, hip, knee injury/problems**
16. My Experience: **Using the breath mindfully will increase the depth of the stretch and the flexibility of the hips**
17. When: **At beginning of class; Middle of class**
18. Level: **All levels**