

Key Shapes

Back Support

- ✓ Start by sitting in a pike shape
- ✓ Place hands on the floor, next to hips
- ✓ Lift body and support self on hands and feet
- ✓ Keep arms and legs straight
- ✓ Fingers pointing towards feet
- ✓ Hold back, stomach and legs in a straight line

It is important for hands to be in the correct position to avoid injury

