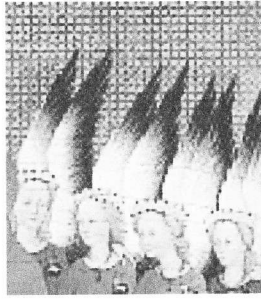


Wings of Gold



As human beings, we fly in planes, parachutes, hang-gliders and our imagination. Yet when we release tension by breathing into the space at the shoulders and free up the shoulder-blades, we allow ourselves to take wing without even leaving the mat. It is not just a matter of 'shoulder-openers', but of integrating upper thoracic awareness into all the postures. By freeing the diaphragm, we allow the inner sun to shine and brush those wings with gold.

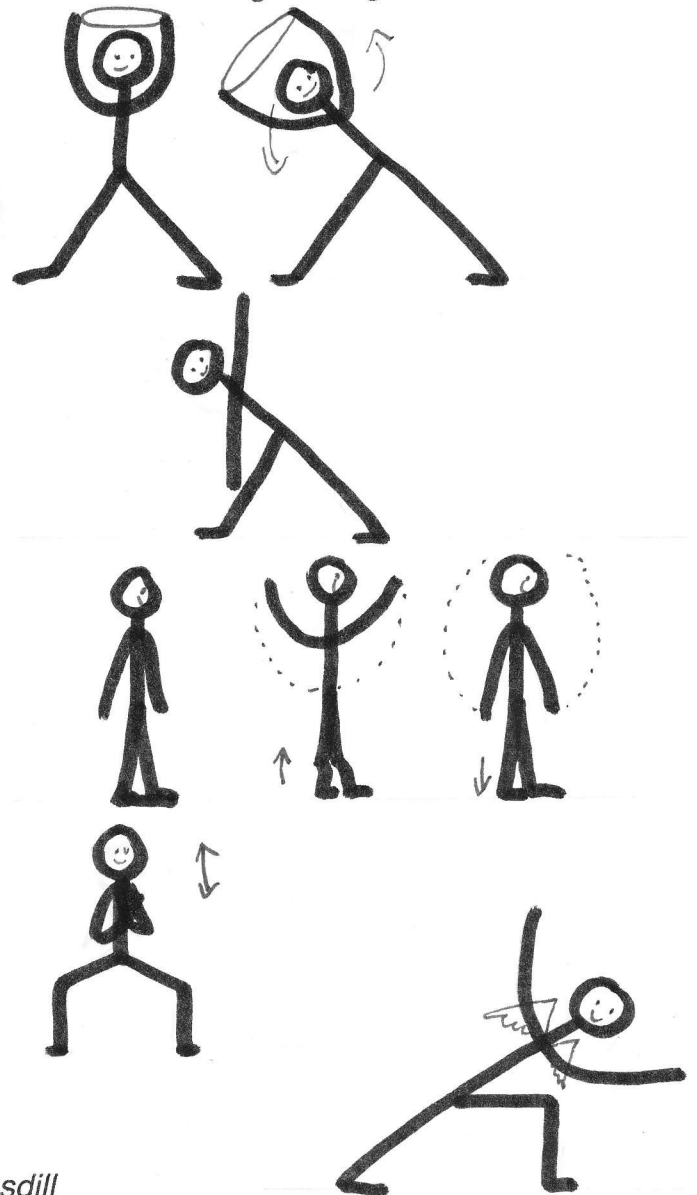
Shoulder-openers in Asana:

*Loop a wide belt from thumb to thumb and make instinctive circles while in Trikonasana stance (R foot out, L in). Come to Trikonasana with the belt still linking the thumbs. Exhaling, rotate the R shoulder forwards and the L back. Keep the head relaxed. Drop the belt and, grounding through the lower body, fly into Trikonasana. Repeat other side.

*Place one heel in front of the other so you are walking an imaginary tightrope on your mat. Inhaling, take your arms out, pelvis forwards and come up on the toes; exhaling, lower the arms and bring the heels back to earth.

* With a wide-legged horse-riding stance, work the arms Garudasana-style. Inhaling, raise the elbows so the shoulder-blades slide down the back; exhaling, drop your weight to the earth.

*Fly into Parsvakonasana



Wendy Teasdill