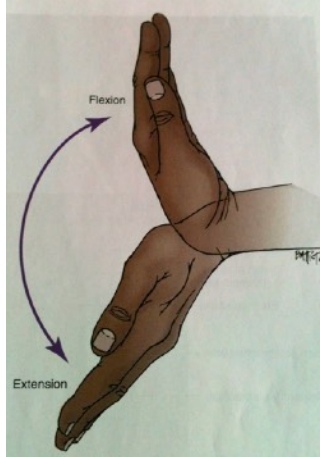
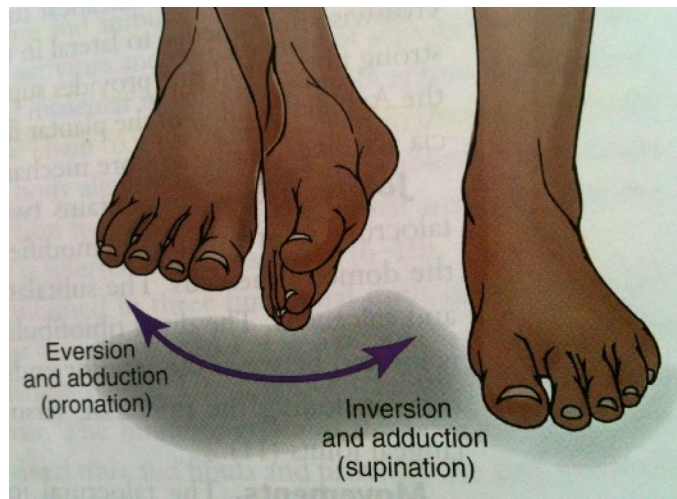


Anatomy Asana

Hands/Feet

Mary Geibel

- your foundation
- manifestation of your fine motor skills
- ability to move, touch, feel
- your balance structure, right-side up, and up-side down
- human contact devices
- expression/confidence sources



‘old habits’

‘wrong shoes’

head & shoulders slumping forward

short, limited, chest breathing

flatten hands & feet in weight bearing activity/poses

ignore hand/wrist & foot/ankles until in pain or injured

live in pain

accept weakness and poor balance up front

new habits/awareness’

‘barefoot time’
correct shoes for activity

align posture (move it back)!
computer, driving

deep, diaphragmatic breathing

create/activate arches
(power dome)
‘claws’

give them attention!
align, strengthen, massage,
move, roll, grip, spread

try ice, heat, rest

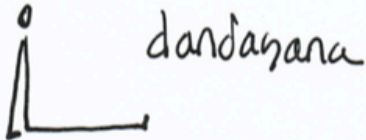
extremities



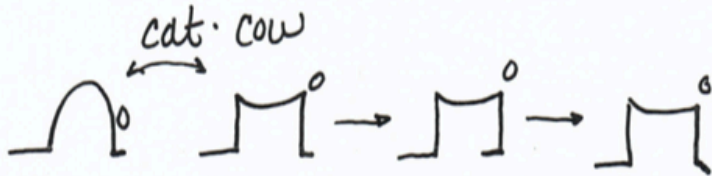
tadasana



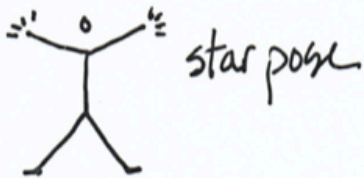
virasana



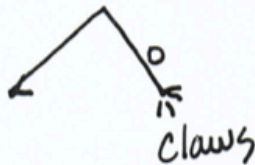
dandayana



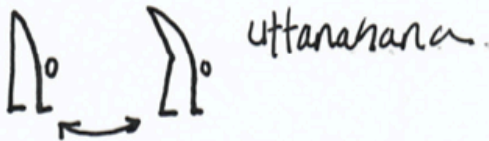
cat · cow



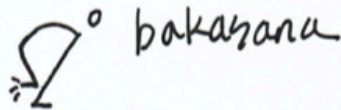
star pose



claws



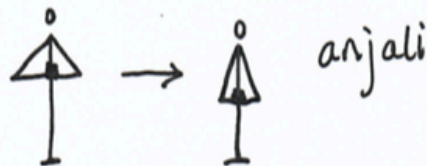
uttanasana



bhakasana



Wall stretch



anjali



roll



vrksana



legs up the wall

- massage hands & feet
- roll tennis ball
- spread & grip fingers / toes
- flex & extend wrist, abduction, adduction
- big toe press