

Crab

Starting position: Sit on the front edge of your mat. Roll off the back of your sitting bones to form a 'C' shape of your spine. Keep the back of your neck long. Legs lifted off the mat with your hips and knees bent and turned outwards. **Ankles crossed. Hands holding the top of the ankles.**



Action

- INHALE to prepare
- EXHALE, maintaining the C shape of your spine, roll your body backwards towards your shoulder blades. Imagine the curve of the spine deepening as you roll. Do not throw the head back, roll back to the shoulders only.
- INHALE and roll the body forwards to balance in the starting position. Maintaining your balance in the crab position, un-cross and then re-cross your ankles the opposite way
- Continue on and keep the movement flowing as if your body is a ball rolling forwards and backwards, un-crossing then re-crossing your ankles each time you resume the crab position

Sets: 2 Reps: 10



Tips

- The spine must remain rounded and not flatten as you roll like a ball
- Think of the tailbone lifting upwards towards the ceiling through your rolling
- Keep the chin tucked softly towards the chest to prevent the head falling backwards
- The distance between your heels and your bottom and your knees and your chest should stay constant