

Asanas for climbers

Standing, Balance & Strength

Balance postures build strength with flexibility and enhance your **proprioceptive** sense, developing your inner awareness and feeling of balance for climbing movement. Train the proprioceptors in your legs, feet and ankles and cultivate concentration and poise by practising the following sequence of standing balances. Easier variations of these postures can be practised if you are just beginning yoga. Closing the eyes challenges proprioception by forcing the proprioceptors to take more responsibility for your balance. Practice the balances or **Surya Namaskara** (Sun Salutation) with your eyes closed. The authors of Performance Rock Climbing say, *“As an advanced technique exercise, proprioceptive training can do for your technique training today what the advent of reactive training ten years ago did for power training.”*¹

Surya Namaskara Ka : Sun Salutation A

5 rounds. Maintain full awareness with the breath.

Surya Namaskara Kha : Sun Salutation B

2 - 5 rounds. Sink deeply into Utkatasana (Fierce Pose) and remain for 5 breaths. Hold Virabhadrasana I : Warrior I for 5 breaths. Maintain full awareness with the breath.

Padangusthasana : Big toe posture. Hold for 5 breaths.

Padahasthasana : Foot-hand posture. Hold for 5 breaths.

Supta Virasana – Reclining Hero Pose. Rest thighs.

Malasana I – Squat with feet together.

Tadasana/ Samasthitih : Mountain Posture/ Equal standing

Vrksasana : Tree Posture

Hold for 5 breaths on right.

Urdhva Prasarita Ekapadasana : One Foot Extended Upwards Pose. 5

breaths on right.

Utthita Hasta Padangusthasana A : Extended-hand-big-toe A. 5 breaths on right.

Ardha Baddha Padmottanasana : Half bound lotus stretched out posture. 5 breaths on right.

Natarajasana : King Dancer. Holding ankle (Baby Dancer pose). 5 breaths on right. (Variation)

¹ Performance Rock Climbing. Dale Goddard and Udo Neumann. P18.

REPEAT ON LEFT.

Supta Virasana – Reclining Hero Pose. Rest thighs.

Malasana I – Squat with feet together.

Parsvottanasana : Side-stretched out posture. 5 breaths on right.

Virabhadrasana III : Warrior III. 5 breaths on right.

Ardha Chandrasana : Half Moon Posture. 5 breaths on right.

Parivrtta Ardha Chandrasana : Revolved Half Moon Posture. 5 breaths on right.

Utthita Trikonasana : Extended Triangle Posture. 5 breaths on right.

REPEAT ON LEFT.

Prasarita Padottanasana C & D: Wide-Legged Forward Bend.

Bring the toes together. Heel to toe and take knees wide. Rest here for 1 minute.

Salamba Sirsasana : Headstand. (Hold for 1 minute).

Once you have mastered your balance in this asana and built strength and confidence you can bring the feet down to the floor with the legs straight and a backward action of the hips then take your feet back up into Sirsasana and back down to touch the floor again.

"The whole weight of the body should be borne on the head alone and not on the forearms and hands." Iyengar

Eka Pada Sirsasana – One Leg Headstand.

Exhale and move the right leg foot to the floor, keeping the left leg in Sirsasana. Stay for 10 seconds. Repeat on the left.

Balasana : Child Posture. Rest for 1 minute.

Setu Bandha Sarvangasana : Bridge Pose. Hold for 15 – 30 breaths.

In bridge pose it's okay if your thighs burn as long as your knees don't hurt. Ana Forrest.

Supta Padangusthasana B : Supine Big Toe Posture B. Remain for 10 deep breaths on the right and then repeat on the left.

Supta Padangusthasana C: Supine Big Toe Posture C. Remain for 10 deep breaths on the right and then repeat on the left.

Janu Sirsasana : Head to Knee Posture. Remain for 10 deep breaths on the right and then repeat on the left.

Viparita Karani : Legs Up the Wall Pose. 1 minute

Jathara Parivartanasana: Revolved Abdomen Posture. Remain for 5 deep breaths on the right and then repeat on the left.

Vipassana : Insight Meditation. Focusing on the Breath : 10 minutes.

SAVASANA : 10 minutes.

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Keep a pen and paper handy when you practice and when you have an insight – write it down!