

## Progressions: Binding in Asana

As part of progression, as students develop in their practice we can introduce binding in asana. These can deepen our experience of an asana but we need to take care and offer binds as the final part of staging.

They usually involve holding hands or a wrist and are most often used for twists but, we can also make use of binding when in other asana such as backbends, forward bends, balances etc.

Be aware that:

- Students use modifications as needed
- Everything, especially the back and shoulders are thoroughly warmed up prior to binds
- Breathing stays fluid & uninhibited, helping increase prana within
- There is self-adjustment to create spaciousness, especially across the chest & shoulders as we subtly move against new boundaries

Ultimately remember we must guide our students to always seek the practices which best serve their needs above the introduction of more challenge; the latter often being mind-led!

### Some asana which naturally lend themselves to binding include:

Bharadvajasana (Kneeling Twist)

Parsvakonasana (Lateral Angle Pose)

Marichyasana (Marichi's Pose)

Matsyendrasana (Sage Pose)

Prasarita Padottanasana (Standing Spread Leg Pose)

Uttanasana (Standing Forward Bend)

Parvritti Utkatasana (Revolving Squat Pose)

Kapotasana (Pigeon Pose)

Shalabhasana (Locust Pose)

Natarajasana (Dancer's Pose)

You can probably think of many more.....