**Figure 3-1-54**
DUO activated

**Figure 3-1-55**
No DUO

**Figure 3-1-56**
Modified *chaturanga* with DUO

When selecting your most optimal *chaturanga*, you must balance three factors: **the load** (weight), **your ability to resist the load,** and the amount of **compression** in your wrists, lower back, and shoulder joints.

## DUO Visualization Tool

**Figure 3-1-57**

**Figure 3-1-57** offers an alternative visualization to help you understand the DUO Line. Imagine fingers squishing you from top to bottom in *chaturanga*. By pressing out with your feet and head to resist the squeeze from these fingers, you will find DUO Line 1 and strength along your length.

## In Good Hands

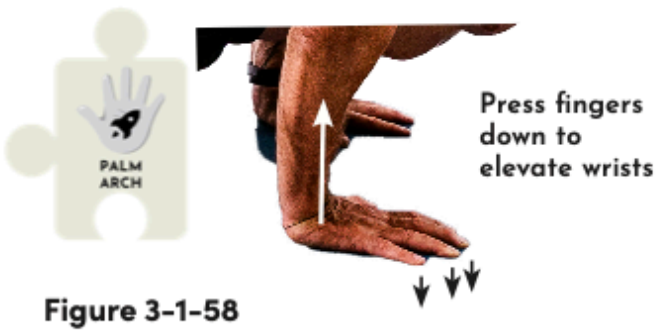


**Figure 3-1-58**

Letting your wrists and fingertips go limp can lead to injury. Employ the five steps to create a Palm Arch, and adjust the pose to decrease the load.

## Instructions

- Start in a Plank position, activating DUO Line 1 from the feet to the crown
- Engage the Palm Arch by spreading the fingers wide and pressing down through the endpoints so the center of the palm rises and thrust moves upward from the hand to the shoulder
- To develop longitudinal thrust, imagine the head and feet between rocks , like **Figure 3-1-25**. Use the feet and the pull of the arms to simultaneously press the crown forward
- For front body integration, create active tension on the quadriceps and abdominals. Activate the three subsidiary DUO Lines, which move the lower rib cage and upper thigh bones away from the hands, making the back slightly domed
- On an inhale, get long and press into the terminal ends of the DUO Line 1
- If you need to make the pose more accessible, allow the rib cage to move back
- As you lower, hug the elbows toward the ribs to engage the pectoralis and anterior deltoid muscles. This squeezing the midline action helps resist the tendency for the elbows to splay outward when the pectoral muscles cannot hold the load of your body weight
- Spread the shoulder blades wide (protraction) as the torso lowers, feeling that the back remains broad (shoulder-to-shoulder DUO, **Figure 3-0-2-120** pg 168)
- Use the breath to remain expanded and keep the the abdominal cavity pressurized
- Begin to bend your elbows, lowering down only far enough that the front body doesn't sag. Otherwise, the wrists, shoulder, and lower back will compress. If you can't hold the load, try some of the modifications on the next page
- If you work safely without going around the DUO Lines, you will develop the strength for *chaturanga* over time. Be patient, be wise, and be kind to yourself

## *Chaturanga* Modification: Slightly Lower Only

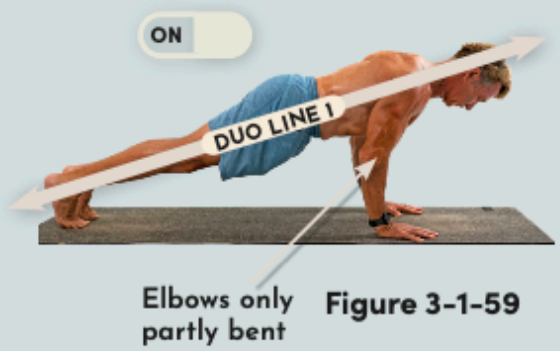


**Figure 3-1-59**

**Figure 3-1-59 shows another *chaturanga* modification. We partially bend the elbows without lowering them so much that we cannot maintain the DUO line. This variation allows us to find our place of challenge, where we build strength without compromising our joints.**

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