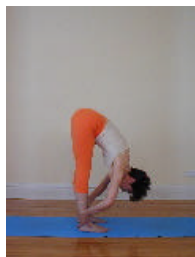


Shins In

After attending a workshop I watched in delight as Anusara yogis created a skit to share with their teacher, John Friend. The skit included a song with a repeated melody including the phrase – “Shins In, Thighs Out”. Shins In, Thighs Out was a theme that the yoga students were exposed to several times during their practice in the workshop. It is worth committing to memory for our practice. We have worked with inner thigh rotation, or “inner spiral”. But we have given less attention to the shins – which energetically revolve the opposite direction. The rotation of the lower leg is outward; that action will draw the shins in and enable the leg from the hip to the heel to draw to the mid-line. The mid-line is the middle line that serves as the energetic center of the pose. Understanding and application of the shins in principle enables us to align the leg in such a way as to strengthen the actions of the hip, knee, and ankle joints.

Asanas



Uttanasana
Forward Bend



Prasarita
Padatanasana
Wide Angle



Parsvakonasana
Side Angle Stretch



Parivrtta
Parsvakonasana
Side Angle (var)



Parsvakonasana
Side Angle (var)



Parsvottanasana
Triangle Forward
Bend



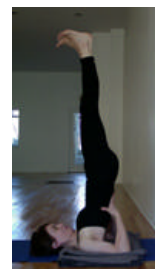
Parivrtta
Trikonasana
Twisted Triangle



Adho Mukha
Vrksasana
Handstand (var)



Setu Bandha
Sarvangasana
Bridget



Sarvangasana
Shoulderstand

Application. Draw the lower legs toward each other to get the sense of “shins in” by taking your palms against the outside of each lower leg and pushing inward. How do you do it without the hands? Plant the big toes, and lift the little toes. Notice how the leg engages. Use that action in the standing poses to maintain “shins in”.

Photos by Alyce Hensen

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