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## Who Here Can Actually do the crane in Yoga?

Posted by savtime - 2008/07/10 12:45

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Been doin this for almost two months and I finally was able to that thing for about 5 seconds. 5 seconds but it felt like a breakthrough.

If you can't recall crane, its when you bascially do a head stand with your knees on your elbows. Very strong forearms seem to be required for this.

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## Re:Who Here Can Actually do the tree in Yoga?

Posted by he4dhuntr - 2008/07/10 14:10

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It's actually called the crane... But no I can't do it YET. I'm getting better every time though :) I'll have it down by the end of my 13 weeks!!

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## Re:Who Here Can Actually do the tree in Yoga?

Posted by savtime - 2008/07/10 14:51

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Thanks for the correction - I edited the post.

Yeah I have yoga tonight so I hope to see if maybe I can do 10 seconds this time. Its just scary and I don't want to hurt my neck falling on my head!

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## Re:Who Here Can Actually do the tree in Yoga?

Posted by Kevin - 2008/07/10 14:58

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Crane.

Yep, that's what they need to get me into the right position!

Crane.

Gotta have it.

Well, it's on my "to do" list. Right up there with Fifer scissors, the royal dancer pose, and towel pull-ups.

Kevin

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## Re:Who Here Can Actually do the tree in Yoga?

Posted by savtime - 2008/07/10 15:14

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Thats funny! LOL!

I am finally starting to be able to do the fifer sissors (but can't keep my legs as straight as they can). And yes the Royal Dancer pose is also super tough and one that often frustrates me. Soe of those balance moves are the most frustrating because each week I expect to do better at them but it does not always work out that way!

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## Re:Who Here Can Actually do the crane in Yoga?

Posted by Cafitz - 2008/07/11 11:00

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Ah, crane! I couldn't even get into the position the first 7 or 8 weeks. Now I can hold it for about 15-20 seconds. It comes with time and practice!

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### Re:Who Here Can Actually do the crane in Yoga?

Posted by Les - 2008/07/11 17:04

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I never tried  
i never completed the Yoga dvd,  
I actually plan on converting my wife's 1 hour yoga video for my ipod so i can do that instead of Yoga X

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### Re:Who Here Can Actually do the crane in Yoga?

Posted by Val - 2008/07/11 18:32

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Crane is one of those things where it's great if you have a partner that can spot you and help you keep your balance while you get a feel for it and develop the necessary balance and strength. If you're working out solo, you could probaby try doing it next to a wall, or setting up blocks that you can put your toes on to help hold the position.

No doubt about it though--crane is tough! And certainly harder than tree :P

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### Re:Who Here Can Actually do the crane in Yoga?

Posted by treexchopper - 2008/07/31 22:43

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the first time i tried the crane was on my fourth day, and i was already sweaty from all the other yoga x stuff. i tried to do it, my sweaty forearms slipped off of my sweaty legs, and i fell right on my face lol. however, after i toweled off the sweat i was surprised to see i could hold the pose for about ten seconds.:blink:

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