Pointer pose or bird-dog pose, is a corrective pose. is a great way to workout your core, focus on your balance, and strengthen your back. It works on abdominals and hip flexors. Great way to alleviate back pain regardless of the curvature ie if you have scoliosis.

1 round = left and right side holds. 1st round 1 min per side 2nd round 30 seconds per side.

How to: Part 1.

1. Start in a table-top position like a baby crawling.
2. Make sure your knees line up with your ankles, hips stacked over knees and your shoulders stacked over your wrists. Start with a nice neutral spine. Keep your gaze down to your mat to maintain the length in your back.
3. The toes on the ground, they can be tucked or nails to the floor. I prefer toes tucked as it helps with my balance, but play around with this and see what's best for you.
4. Extend your right leg back behind you, the toes can be in dorsiflexion or plantar flexion, depends which muscles you are working on. Keep the ASIS (sticky out bones on the pelvis) square with the floor. Don't bring that right leg up any higher than your hips as this can create rotation.
5. Do some steady candles breathing to engage the core to keep your lower back flat.
6. If this is your limit right now then just hold this position. (half pointer pose) (both hands on the floor and right leg extended back.) Only when you feel comfortable to do so, move to part 2.

   Part 2

    With our right leg extended, if and when you are ready to move on, extend your left arm out in front of you. Make sure your palm is facing inward, your elbow is straight, and your arm is in line with your shoulder.
   Keep the spine flat and core engaged, inhale through the nose and exhale blowing out candles. (Candles breath)
7. Hold this pose for 1 min, repeat on the other side, then hold for 30 seconds

Modifications:

1. As above, you can keep your hand down and stay in half-pointer pose.
2. Place a towel or blanket under your knees.
3. Use the tall end of the yoga block to rest the foot, but still engage the core

4. Place the extended leg foot on the floor and still engage the core.