


Movement and Relaxation Yoga Skill Assessment

Name:	skill: Dolphin
Critical Instances	Personal Execution
 <p>Start on your hands and knees. Keep your legs about hip-width apart. Your middle fingers should be parallel, pointing straight ahead. Exhale and bend your arm at the elbow so to press the forearm into the mat. Hands may remain extended from the elbow or close together. Inhale and curl your toes under, as if getting ready to stand on your toes. Exhale and lift your knees off of the mat. Strive for straight legs; however, it is okay to bend the knees a bit and to keep your heels raised. Lengthen the spine and elevate the tailbone away from the pelvis.</p> <p>Keep the forearms actively pressed into the floor. Firm your shoulder blades against your back and then widen them away from the spine and draw them towards the tailbone. Avoid letting your shoulders creep up by your ears – keep them down.</p> <p>Hold the position for a few breaths. Come down on the exhale.</p>	