

LEARN YOUR POSE

PASCHIMOTTANASANA A.K.A. SEATED FORWARD BEND



- Sit on your yoga mat with legs spread in front of you and toes pointing towards the ceiling.
 - Keep both feet together and upper body straight.
 - With an Inhale raise your hands.
 - While exhaling, bring everything down- the hands and the upper body.
 - Remember not to curve your back and exert the uterus.
 - That said, folding should be from the crease of your hips joint not your back.
 - Try (not hard) to grab the outer edge of your legs with the hands.
 - You can use a yoga prop beneath your knees or one to support the head.
-

LEARN YOUR POSE

Yogarsutra