

How to:



Paschimottasana Seated Forward Bend

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Bring your feet together in front of you, legs straight. Reach your arms up and lengthen your spine; tilt forward on the pelvis to find your sit bones.
- Pulling the feet toward you as you reach forward, wrap the first two fingers between the first two toes.
- Squeezing your legs and looking at the toes, push your heels slowly away, keeping your belly and thighs together. Pull your upper body forward with your arms.

MY EXTENDED SCRIPT (what I like to talk about in this pose)