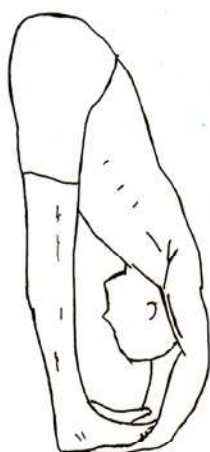


PADAHASTASANA Standing Forward Bend B



FULL POSTURE



MODIFIED A



MODIFIED B

This posture deepens the stretch of the previous posture. Correct application will create release and flexibility in the hips and legs.

Entering the Full Posture

- From the previous forward bend inhale to lift the chest and release the hands under the feet. Palms of the hands are turned upward and toes touch the wrists. Exhale to bring the upper body toward the legs.
- Activate uddiyana and mula bandha to protect the lower back.
- Broaden across the back of your shoulders and keep your neck long.
- See posture points in previous asana.
- To deepen the posture, press your weight through the balls of your feet into the palms of your hands.

Modified Posture

Repeat previous posture or take fingertips under feet or bend the knees and bring the abdomen towards the upper legs.

Breathing

Hold for 5 breaths as in previous posture – *inhale* to lengthen and feel the breath open the upper back. *exhale* to bring upper body towards legs.

Drishti

Tip of the nose

Exit from the posture by placing hands on hips and inhaling to come up to a standing position. Bring the feet together in samasthiti, ready for the next posture.