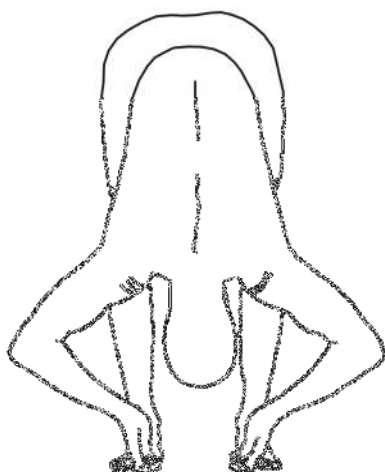


# Padangusthasana

Standing Forward Bend A

City Yoga  
www.YogaYork.com



FULL POSTURE



MODIFIED A



MODIFIED B

This posture teaches the basic mechanics of forward bending from deep within the, rather than the lumbar region. Within this asana, the pelvis is tilted forward and rotated over the top of the thigh bones.

## Entering the Full Posture

- The feet are placed a hip distance apart. Make sure that the edges of the feet line up with the outside edge of the mat.
- On entering the posture release your knees slightly to allow hip rotation and fold forward.
- Maintain the extension of uddiyana bandha in the lower abdomen and extend your front ribs down.
- Take a secure hold of the big toes with the first and second fingers. Push the thumbs into the floor to create strength and stability.
- Draw the elbows out and forward to keep the shoulders wide and away from the ears.
- Pull up your kneecaps and straighten your thighs as much as the hamstrings will allow.

## Modified

If you are unable to touch your toes, don't force it. Try practicing the posture by holding behind the lower legs (modified a) or

bending your knees and holding the back of the ankles (modified b). Bring the abdomen on to the upper legs and begin to straighten the legs until you feel the hamstrings lengthen.

## Breathing

Hold for 5 Breaths – *On each inhale* lengthen through from the base of the spine to the crown of the head. *On each exhale* ease the abdomen closer to the legs as the sit bones rotate toward the ceiling.

## Drishti

Tip of the nose.