

Pose of the Week 8-2-08

Wide Angle Forward Bend



Prasarita Padottanasana

(*pra-sa-REE-tah pah-doh-tahn-AHS-anna*)

prasarita = stretched out, expanded, spread, with outstretched limbs

pada = foot

ut = intense

tan = to stretch or extend (compare the Latin verb *tendere*, "to stretch or extend")

Wide leg forward bend is both a forward bend and a partial inversion. Forward bends are calming and cooling and inversions detoxify and clear the mind. A slight traction is possible in the back which can be healing.

- Stretches the back body
- Calms the mind
- Strengthens and stabilizes the legs and feet

Primary Muscles – Glutes, Hamstrings, Inner thighs, all of back body stretched

Variations - This pose can be done with hands on legs, on floor, at ankles, or behind legs. Another variation is hands clasped behind back. This pose can also become a twist.

Tips –

- Grounded feet
- Knees and feet face the same direction
- Thighs spiral inward
- Tip from the hips
- Keep the back long and extended
- Keep hips level
- If hamstrings are tight, you can either bend the knees or just not come as far forward

/find the quiet within.



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