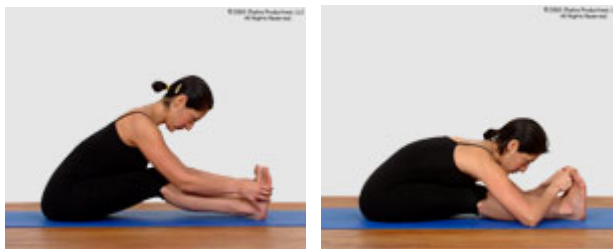


# Pose of the Week 10-18-08

## Seated Forward Bend



### Paschimottanasana

(*POSH-ee-moh-tan-AHS-anna*)

*paschimottana* = intense stretch of the west (*pashima* = west

*uttana* = intense stretch)

Forward bends stretch the back of the body and create a sense of calm introspection. Forward bends are challenging for many of us because life tends to stiffen up our hamstrings, hips and low back. Even though we feel challenged, forward bends are the antidote to that tightness. Always begin this forward bend by grounding the legs and hips while lengthening the spine. Let hips tip forward to protect the low back. Relax, breathe and let go.

- Stretches the back body
- Brings a sense of calm

**Primary Muscles** –Erector Spinae, Glutes, Hamstrings, Calves

### Tips –

- A little height under the hips helps if you are tight – a blanket or roll in the mat
- A strap is another tool that can help you explore this pose
- Create length in the spine and keep the back long
- Let your hips take you forward, may need to slip the hips back a bit to get more tilt
- Roll the thighs inward so knees face upward
- Touching your toes is not the goal
- If tight, you can either stay more upright, or bend the knees slightly
- Listen to your body – let it tell you what to do
- Inhaling, feel your length; exhaling feel grounded

*/practice patience and acceptance.*



Kris Lowe  
[www.heartfilledyoga.com](http://www.heartfilledyoga.com)