

Pose of the Week 11-1-08

Wide Leg Seated Forward Bend



Upavistha Konasana

(oo-pah-VEESH-tah cone-AHS-anna)

upavistha = seated, sitting

kona = angle

This pose is another example of a forward bend. As with other forward bends, it stretches the back side of the body and brings an introspective calm to the mind. Many of us will face our physical limitations in this pose due to tight hamstrings and adductor muscles. Because of this, this pose is especially good to teach us patience and acceptance!

- Stretches the back body
- Opens hips
- Calms the mind
- Teaches patience and acceptance

Primary Muscles – Hamstrings, Adductors, Glutes, Piriformis, Spinal Extensors

Tips –

- Open legs only as wide as feels comfortable
- You may be unable to go forward – if so, either take hands behind back to work on grounding hips and legs and lengthening spine, or roll the mat a bit under the hips to get a better angle to tilt forward from. If knees need to bend a little, that is OK, too
- Lengthen before folding forward
- Let the hips tip forward to take you to the forward bend, protecting the low back
- Knees and toes point to the sky, rolling the thighs outward
- Hands can be to the center or to the legs/feet
- Close your eyes to help you let go of expectations

Let go of expectations and practice patience and acceptance.



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