

Adho Mukha Svastikasana

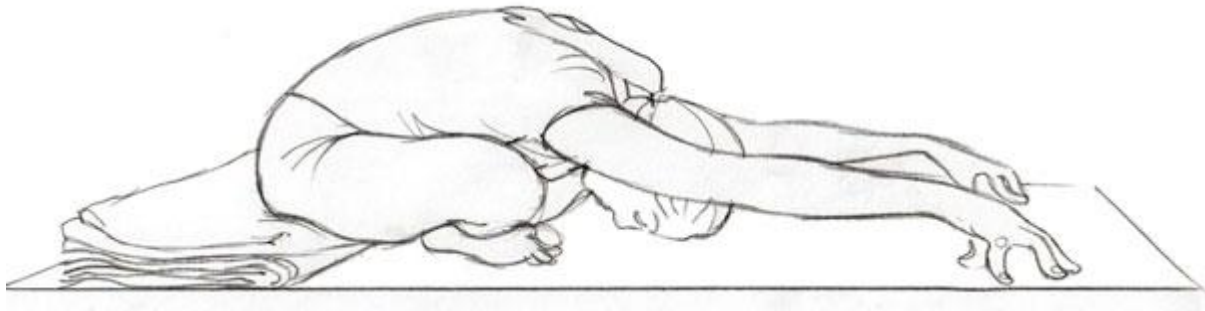
Benefits:

The forward bend removes stiffness in the chest and shoulder joints and prepares you for practice. Touching the head to the floor (or onto a support) helps remove tension and stress, so practice may begin with a calm and focused mind.

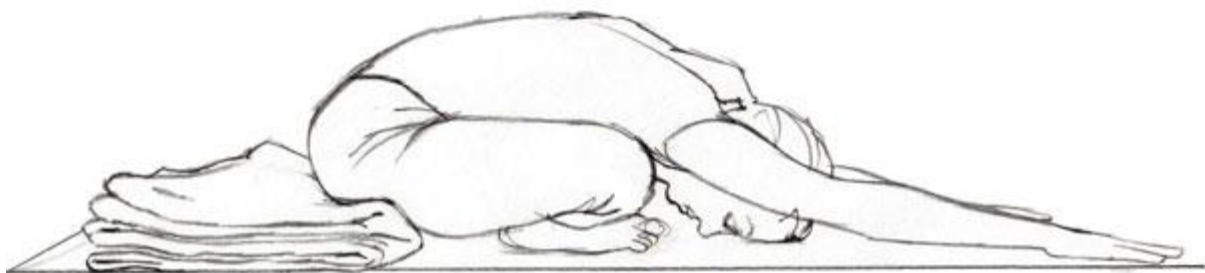


Hook your thumbs in the front groins — where your thighs meet your pelvis — pull back and stretch your torso forward. Lift your sternum bones up and extend to the maximum from navel to breast bone.

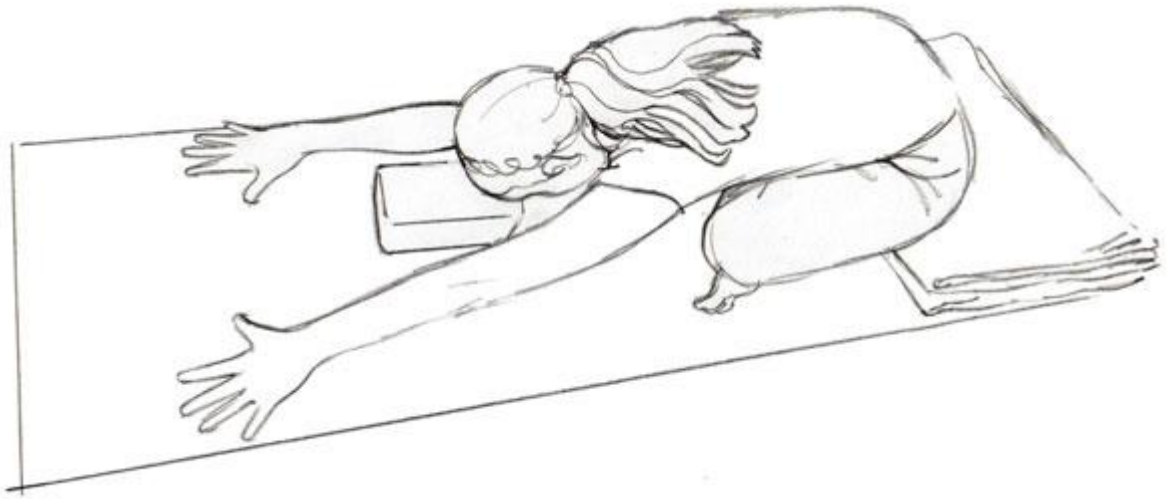
Maintaining the length of the front spine, release your thumbs, and place your hands on the floor in front of you.



Walk your hands further forward until your arms are fully extended and elbows are straight.



Place your head on the floor in front of you.



If your head does not reach the floor, support it on a folded blanket, or one or two blocks.

Change sides.