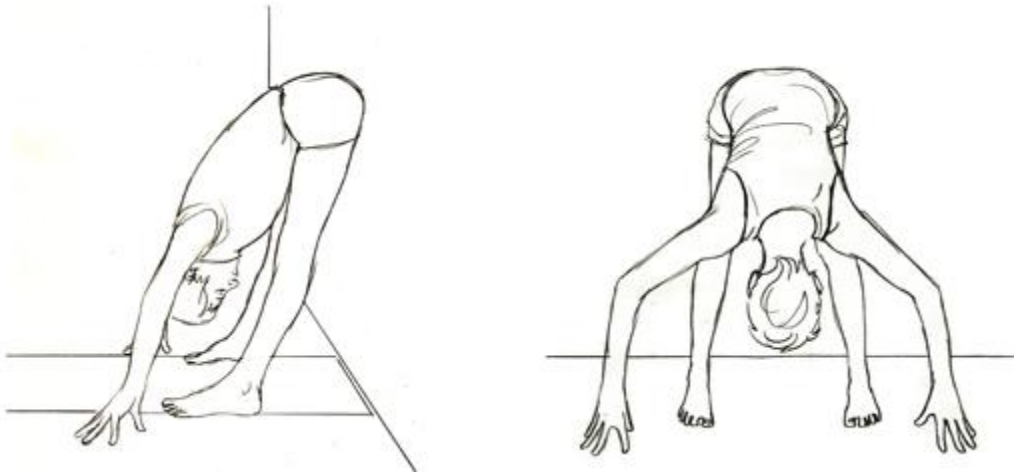


## Parsva Uttanasana

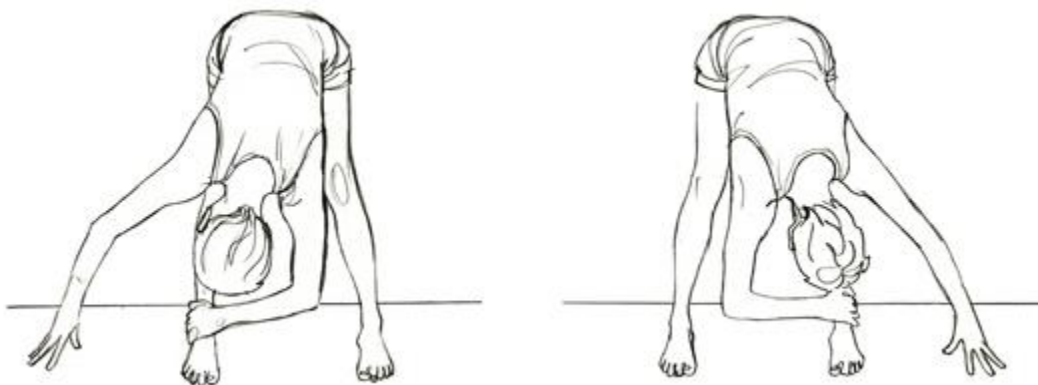
Benefits: Practice this after back bends to soothe the lower back.

Stand in Tadasana facing out from from the wall. Rest your hips on the wall and walk your feet forward about 10 inches away from the wall, so you are leaning back to the wall. Spread the feet to 2½ feet apart, with the outer edges parallel to each other. Bend forward, keeping the lower back slightly raised and broad. Allow the head to hang. Place your fingertips on the floor either in front of you, or if possible, to the sides of your feet.



Keeping both buttocks touching the wall, take hold of your right ankle with your left hand. Place your right hand on the floor to the side of your right foot.

Allow the left side of the lumbar spine to lengthen, stretch and de-compress.



Repeat on the left.

Return to the center.

Return to standing.