

Uttanasana: standing forward bend

Regular practice of this posture brings flexibility through the pelvis and spine. It also helps relieve mental strain and physical tiredness.

Medical benefits:

Arthritis of the lower back can be relieved and even avoided altogether with regular practice of Uttanasana. Mild spinal deformity can also be corrected, along with weak legs, knee problems and flat feet. Standing Forward Bend works to calm the brain and rest the heart. Practice it to take care of with memory loss, insomnia, nervous debility, breathlessness and palpitations. This pose also helps with acidity, anemia, asthma, constipation, diabetes, umbilical hernia indigestion, kidney problems menstrual disorders, nasal catarrh, and (after medical treatment and rest) pleurisy and pneumonia.



1. Stand in TADASANA (Mountain Pose). Place your hands on your hips.

2. Draw your knees and thighs up and holding your legs firm, exhale and bend forward from the hips.



3. Reach down and place your hands on the floor beside your feet and look up. Take one or two breaths.

4. With an exhalation, extend your trunk down completely and allow your head to release toward the floor. To release further forward, lift your inner thighs up into the pelvis and lift your sit bones. Allow your breath to become quiet and even. Hold for 20-30 seconds.

PRACTICE NOTE: IF YOUR HANDS DO NOT YET REACH THE FLOOR, EITHER FOLD YOUR ARMS AND HOLD YOUR ELBOWS OR PLACE YOUR HANDS ON BLOCKS. THOSE WITH SLIPPED DISCS SHOULD NOT PRACTICE THE FINAL POSE WHERE THE HEAD DOWN.

