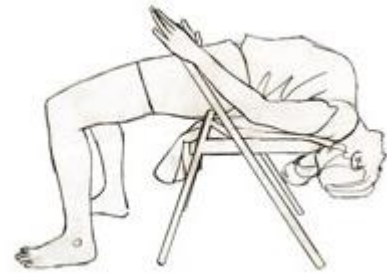
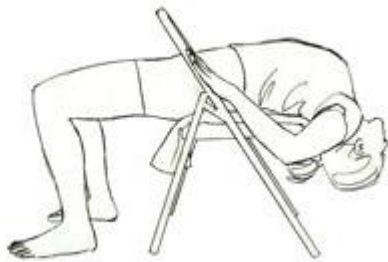


## Viparita Dandasana & Chatoosh Padasana with chair (Back bend over a chair)

Practice time: 1 – 10 minutes.

Benefits: Chair backbends create space in the chest, lungs and breasts. They provide the gravitational traction that lengthens the spine and allows you to focus on specific vertebral levels where muscles may be tight.

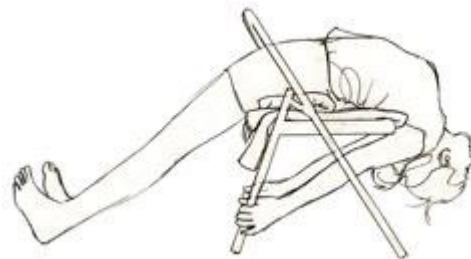
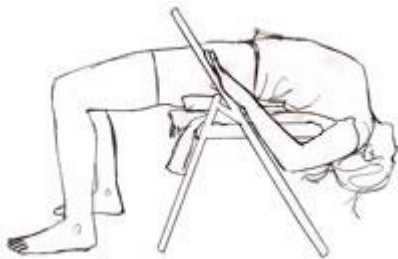
### Chatoosh Padasana



Place a sticky mat on the chair seat and turn it away from the wall. Climb backward through the chair and sit facing the wall with the soles of your feet on the floor. Holding the chair, lean back and slide your tailbone off the back edge of the chair seat until your seventh cervical vertebrae is resting on the front edge.

Pressing your hands against the sides of the chair, raise your pelvis completely off the chair seat, and coil the very top of your spine around the front edge of it. Feel the trapezium muscles being moved away from the neck and the area below the collar bones opening.

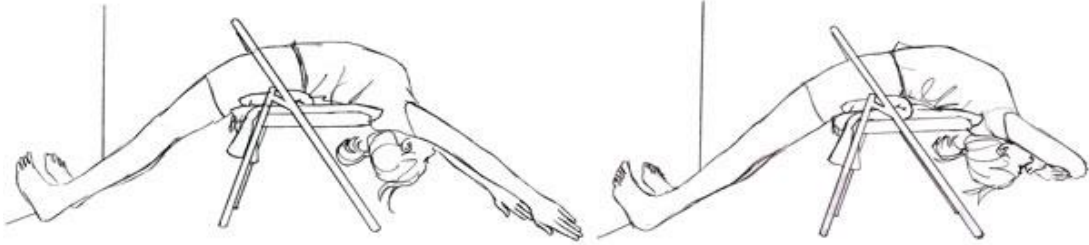
### Viparita Dandasana



To allow the chest to arch more easily off the front edge of the chair seat, place a thickly folded blanket toward the back edge.

Slide back (toward your head) until the middle of your shoulder blades are resting on the front edge of the seat. Press your hands against the sides of the chair, and keeping your lower front ribs down, wrap yourself around the chair seat edge.

Now slide further off the chair until the lower tips of your shoulder blades touch the edge of the seat. Straighten your legs and place your feet against the wall. Thread your arms through the chair, hold the back legs, and curving further around the edge, continue the curve through the crown of your head.



Remove your arms from the chair — and extending your heels to the wall — stretch them from the sides of the waist, palms facing each other, over your head.

Fold your arms at the elbows.



Try these two arm positions with the head supported on a block. The block gives you a cantilever, so you can curve more efficiently round the edge of the chair.

