

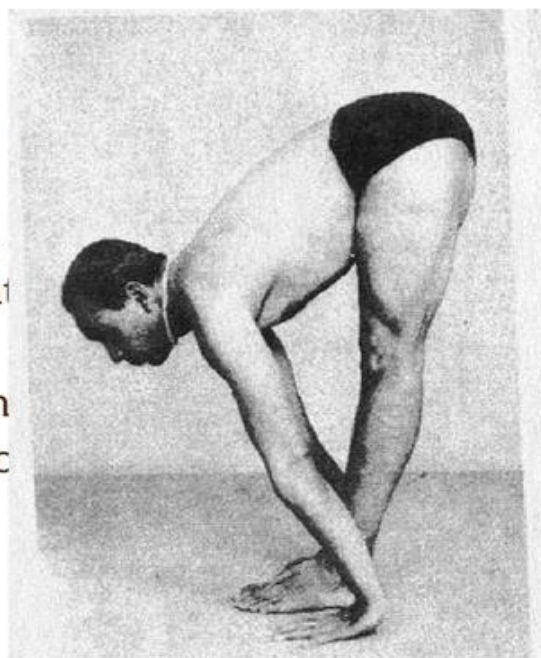
“After finishing the asana, one feels calm and cool, the eyes start to glow and the mind feels at peace...”

- BKS Iyengar, Light on Yoga

Uttanasana - Standing Forward Bend

BASIC INSTRUCTIONS

1. Stand in Tadasana (mountain pose), keeping the knees pulled up & tight
2. Exhale and bend forward at the hips, placing the fingertips on to the floor or on blocks if you can't reach the floor
3. (Concave back) keep the legs straight and extend the spine & side trunk forward, look ahead to keep the chest open & lifted



4. Exhale and extend the entire trunk down and close to the legs, aiming to rest the forehead on the knees
5. Pull the kneecaps well up, hold this position for a minute with deep and even breathing
6. To come up - inhale, lift the head and come back to the concave position, keep the legs straight and come back up to Tadasana