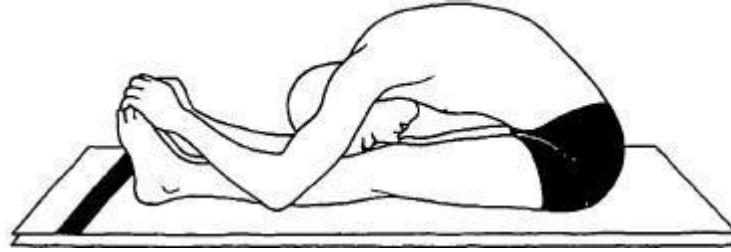


SITTING ASANAS

Paschimottanasana (Forward Bending)



Technique: Sit on the floor with the legs outstretched, feet together.

Inhale to raise hands above the head and exhale to bend forward.

Breathe normally and hold for 15 – 20 seconds, then inhale and return to sit in Dandasana

Benefits

- ✓ This asana stretches the hamstring muscles and increases flexibility in the hip joints.
- ✓ It tones and massages the entire abdominal and pelvic region, including the liver, pancreas, spleen, uro-genital system, kidneys and adrenal glands.
- ✓ It helps to remove excess weight in this area and stimulates circulation to the nerves and muscles of the spine.

Limitation:

- ✓ People who suffer from slipped disc, sciatica or hernia should not practice this asana.