

## STANDING ASANAS

### *Prasaritha Padothanasana ( Wide Leg Forward Bend )*



**Technique:** Stand in Samasthithi and keep feet apart anywhere from 3 to 4 1/2 feet depending on your height chest and lengthen the torso.

Exhale and, maintaining the length of the torso, lean the torso forward from the hip joints.

As your torso is parallel to the floor, press your finger tips onto the floor directly below your shoulders.

Extend your elbows fully. Your legs and arms then should be perpendicular to the floor and parallel to each other. Hold for a few seconds Then inhale to rise and release the hands

#### **Benefits:**

- ✓ Strengthens and stretches the inner and back leg and the spine
- ✓ Tones the abdominal organs
- ✓ Calms the brain
- ✓ Relieves mild backache

#### **Limitation:**

- ✓ Person suffering from lower-back problems should avoid the full forward bend.
- ✓ High Blood Pressure people should avoid this asana.