



# seated forward bend

*Paschimottanasana*



hold: 15 to 75 seconds • drishti: eyes closed

1. Inhale and sit upright with your legs extended.
2. Lengthen your torso up through the crown of your head.
3. Exhale and hinge at the hips to fold forward as you press through the heels.

## pose check

- inhale and extend the spine
- exhale and fold forward
- avoid rounding the back
- feel the thighs press into mat

spine lengthens  
and loosens with  
the breath



neck extends  
without force



press energy through heels





# seated forward bend

*Paschimottanasana*

## pose benefits:

- massages internal organs
- calms nerves and relieves stress
- stretches and strengthens hamstrings and spine
- soothes headaches

## counter pose:

- corpse 40

## best transitions:

- cow face pose 05
- butterfly pose 02
- seated spinal twist 35
- fish pose 38

## ask questions

It's normal to fear rejection, having the wrong answer, or feeling too dependent, but remember to ask for help when you need it. Don't struggle with homework or friendship problems in silence. If you reach out, you will find someone who wants to help. Get a tutor or ask the teacher for help after class, or talk to your guidance counselor if mean girls pop into your world. All you have to do is ask.

**modify** bend knees slightly or hold onto a strap looped around your feet

**challenge** place a block beneath the soles of your feet and take hold of the sides

*“Make yourself so happy,  
that by looking at you other people become happy.”*

– YOGI BHAJAN (1929–2004)

*(Let yourself be a source of joy!)*