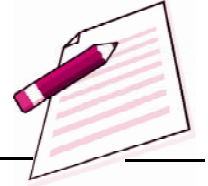


Practical 20



Forward Bending Asana



Note

Forward bending is a passive movement in which gravity is utilized to stretch the muscle. This group of practice is associated with chest compression and exhalation induces relaxation.

Aim

To perform the Paschimottanasana.

After completion of this practical, you will be able to perform and demonstrate this series of practice in appropriate format.

Requirements

- Yoga mat – 1
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

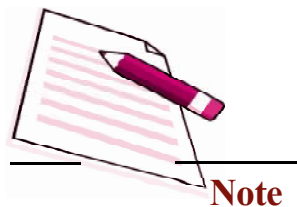
- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

- Sit on the floor with feet outstretched and together, hands on the knees. This is starting position. Relax the whole body especially lower back.
- Slowly bend forward from the hips, at the same time slide the hands and try to hold big toes. First try to touch abdomen with thigh and then comfortably bend head forward and try to touch knee with the forehead. This final position can be held comfortably for few seconds.
- Slowly return to the starting positions. This is one round. Perform 3 to 5 round.

Breathing – Inhale in starting position, exhale and bend forward and inhale while returning to the starting positions.





Note



Fig. 20.1: Paschimottasana

Contraindications

People suffering from sciatica, slip disc or any back problems should avoid this asana.

Benefits

- This asana is very good for hamstrings stretching and increases flexibility at the hip joints.
- It massages abdominal and pelvic regions.
- It reduces excess fat from hips and thighs. It is useful in the management of disc prolapse, menstrual disorders, sluggish liver, diabetics, colitis, renal disorders, bronchitis and eosinophilia.

Effects and observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction								
Body relaxation								
Effect on mental state								

- ✓ or × under physical effect and submit the record.



Observation

.....
.....
.....
.....
.....
.....
.....
.....
.....

Remarks

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

(Signature of the Instructor)



Note

