

4. Forward bends for beginners

Characteristics of this sequence are:

- > **Duration:** 40 min
- > **Level:** Beginners to Intermediate
- > **Type:** relaxing, cooling
- > **Types of Āsanas included:**
Standing poses, forward extensions, Sarvāngāsana cycle



1. Adho Mukha Śvānāsana – Hands on inverted chair



1 min.
See Vol. 1, P. 32

2. Pārsvōttānāsana – Hands on wall



45 sec. each side
See Vol. 1, P. 129

3. Adho Mukha Śvānāsana – Feet on inverted chair



1 min.
See Vol. 1, P. 39

4. Paschimōttānāsana - Sitting on chair



2 min.
See Vol. 2, P. 115

5. Jānu Śīrṣāsana –



1 min. each side

6. Triṅga Mukhaikapāda Paschimōttānāsana –



1 min. each side

7. Paschimōttānāsana – Head on chair



2 min.
See Vol. 2, P. 113

8. Bhardvājāsana I – Sitting on chair



1 min. each side
Use a sticky mat on the chair. Hold a block between the knees. If the seat is lower than your knees, raise it with 1-3 folded blankets; if it is much higher, use blocks under the feet.

9. Sālamba Sarvāngāsana – On a platform



5 min.
See step 16 on Sequence 2 (If you are tired, use a chair).

10. Halāsana - Feet on chair



3 min.
Place the tip of the toes on the seat and push down to lift and elongate the trunk.

11. Karna Pidāsana – Feet on chair



1 min.
Bent the knees and place the metatarsals on the seat.

12. Śavāsana - Lower legs on chair



5 min.
Move the flesh of the buttocks away from the lumbar spine to lengthen and release the lower back.