



Yoga

Patient: Example-1

Age: 43

Data: 08-04-2011 19:20

Upavistha Konasana (open legs forward bend)



Upavistha Konasana
Open Legs Forward Bend

Initial pose

1. From Dandasana exhale and spread the legs wide apart. Pull the flesh of the buttocks back, away from the sitting bones. Lengthen backs of the legs, extending out through the heels. Knees and toes face the ceiling - do not let the legs roll in or out. Press the fingertips on the floor behind you and draw the lower spine into the body and lift it up. Work with a straight spine.
2. Inhale and strengthen the legs extending out through the heels. Exhale and extend the torso forward, moving the low spine and abdomen toward the floor (between the legs). Repeat #2, working to keep the spine straight as you extend forward.

Holding the pose

With every inhalation, lengthen and strengthen the legs. With every exhalation extend the spine up toward your head and forward. Continue for 20-60 seconds to begin.

Completing the pose

Exhale. Come up with a straight spine, pivoting from the hips. Reestablish Dandasana and see how you feel.

Personal recommendations

Long holds with repetitions; soft smooth breathing or Ujjayi; focus on the release; relax your neck, open the chest.

General precautions for asanas

Not for those with hip replacements or sciatica.