



**Intense stretch**  
*Uttanasana*

**Type of pose – standing forward bend**

**In Uttanasana make sure that you keep the following in mind.**

1. Your weight is evenly placed on both feet and that the toes are extended forward.
2. Your legs are perpendicular to the floor.
3. Your knee-caps are pulled well up, and the backs of your knees are open.
4. The front of your body lengthens as well as the back.
5. Your shoulder blades are pulled towards your waist.
6. Your abdomen, head and neck are relaxed.

**This pose is contraindicated for:** spinal disc problems. If you have back problems, take the feet hip width apart. Keep the back concave and don't take the body towards the legs. If you are prone to dizziness, take the feet slightly apart.

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