



Intense stretch with feet apart
Prasarita padottanasana

Type of pose – standing forward bend (face up)

In Prasarita padottanasana make sure that you keep the following in mind.

1. The outer edges of your feet are firmly down (without your ankles rolling out).
2. Your inner legs press outwards.
3. Your hands are fully spread and placed on the floor directly below the shoulders.
4. Your arms are straight.
5. You stretch up strongly through arms and legs to lift away from the floor.
6. The sides of your trunk are extended forward fully and evenly.
7. Your shoulder blades are in.
8. The back of your neck is not compressed.

No contraindications, but: If you have low blood pressure, come out of the pose gradually, and do not hold the pose for more than one minute, especially if you are a beginner.