

Back Pain



Extended Leg Pose

Prasarita Padottanasana

30 seconds to 1 minute

Props

- ✓ Chair
- ✓ Two blocks

Instructions:

1. Place the back of a chair against a wall. Stand about three feet away facing the chair seat. Spread your feet four feet apart, feet parallel, toes pointing forward. Place your hands on your hips. Lift both kneecaps.
2. Exhale and bend forward from your hips, stretching your arms out in front of you. Place your hands flat on the chair seat. Look up as you bend to ensure that your back is concave. Lift your buttock bones towards the ceiling as you press your heels into the floor. Hold for 30 seconds to one minute, breathing evenly.
3. To come up, place your hands on your hips. Inhale and raise your trunk. Step your feet together.

Modifications:

If you are more flexible, place two blocks in front of you, so that they are under your shoulders when you bend forward. As you become even more flexible, practice removing the blocks and working with your hands on the floor.