

# Forward Bends Sequence

Consolidating and adding to basic beginner forward bends, this sequence helps teaches you to lift the spine out of the hips and keep the legs engaged as foundation for more forward bends.

## Sequence steps



### Supta Baddha Konasana

Reclining Bound Angle Pose  
5 minutes

Join your feet together, your heels pressed to your pelvis. Lie back over a bolster or other form of support. Relax and let your chest open. If necessary, use a strap to hold your feet in place.



### Simple Cross Legs Forward

1 minute per side

Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.



### Uttanasana

Standing Forward Bend

1 minute

Starting in Tadasana, exhale and reach down towards your feet. Let your spine release downwards. You can bend your knees or place your hands on blocks if you lack the necessary flexibility.



### Adho Mukha Svanasana

Downward-Facing Dog Pose  
45-60 seconds

Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.



### Sirsasana Preparation

Headstand Preparation

5-6 breaths

Place your forearms flat on the floor next to a wall and interlock your fingers behind the back of your skull. Keeping your head on the floor and your back straight, start to walk your feet closer toward your trunk. Straighten your back and pull your hips up to capacity. This can also be done with your feet to the wall.



### Adho Mukha Vrksasana

Handstand

2 minutes

Open your hands into the floor and strengthen your arms as you lift your body up, one leg at a time, into an inverted balance. Use the wall for support if necessary. If pushing yourself up proves to be too difficult, you can walk your feet up the wall.

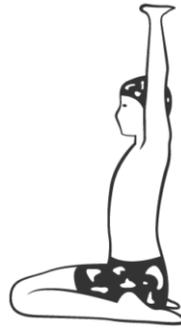


**Virasana Forward**

Downward-Facing Hero Pose

1 minute

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.



**Parvatasana in Virasana**

Mountain Pose in Hero Pose

5-6 breaths

Sit in Virasana, stretch your arms in front of you, and interlock your fingers. Turn your palms outward and, keeping your shoulders open and ribs in neutral, extend your arms upward.



**Dandasana**

Staff Pose

30 seconds

Point your sit-bones down and extend upwards through the crown of your head. Use support under your buttocks or bend knees if needed to get your back straight.



**Baddha Konasana**

Bound Angle Pose

1 minute

Bring your feet as close as possible to your pelvis and join them together. Straighten your back and let gravity pull your knees down toward the floor. If necessary, use a strap to hold your feet in place.



**Dandasana**

Staff Pose

30 seconds

Point your sit-bones down and extend upwards through the crown of your head. Use support under your buttocks or bend knees if needed to get your back straight.



**Upavistha Konasana**

Wide-Angle Seated Forward Bend

1 minute

Use support under buttocks if your inner groins roll backward. Kneecaps and all ten toes face the ceiling. Keep your hands by your hips, fingers pointing forwards. Lengthen your spine. Once you have mastered these foundations, you can also bend forward while reaching your feet with your hands. Use a belt if necessary.



**Dandasana**

Staff Pose

10 seconds

Point your sit-bones down and extend upwards through the crown of your head. Use support under your buttocks or bend knees if needed to get your back straight.



**Janu Sirsasana**

Head-to-Knee Forward Bend

45-60 seconds each side

Bend your knee out to the side and keep your sit-bones pointing downward as you stretch out over your extended leg. Use a belt if necessary.



**Triang Mukha Eka Pada Paschimottasana**

Three-Limbed Forward Bend

45-60 seconds each side

Bend your left knee so your foot points straight back as you extend your right leg forward. Release your spine as you reach out to grab a hold of your extended foot. Use a belt if necessary. Repeat on both sides.



**Paschimottasana (Concave Spine Looking Up)**

Seated Forward Bend with Concave Spine Looking Up  
1 minute  
Start in Dandasana. Bend over your legs as far as you can without rounding your back. As you breathe try to increase your range of motion. Use a belt if necessary.



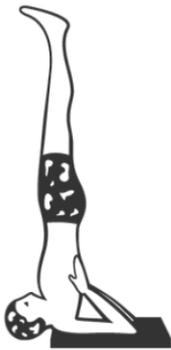
**Simple Cross Legs Twist**

4-5 breaths per side  
Sit with your legs crossed and back straight. Place your hand onto the opposing knee and, staying tall through the crown of your head, look over your shoulder as you twist.



**Bharadvajasana**

Bharadvaja's Twist  
4 breaths each side  
Bring your legs to one side. Place one hand on the knee - this will help you deepen the twist. The other hand can be placed on the floor, helping you twist even deeper. Alternatively, you can bring it behind your back until it joins the elbow of the other arm. Stretch upwards through the crown of your head.



**Salamba Sarvangasana**

Shoulderstand  
5-6 minutes  
Activate your arms and shoulders as you lift your body up perpendicular to the floor. Use blankets or bolsters to support your shoulders. Make sure the back of your neck stays relaxed and maintains its natural curve.



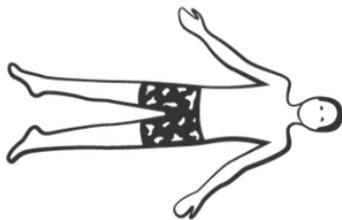
**Halasana**

Plough Pose  
2-3 minutes  
Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.



**Simple Cross Legs Forward**

45 seconds each side  
Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.



**Savasana**

Corpse Pose  
5 minutes  
Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.