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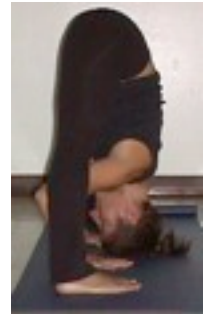
POSE OF THE MONTH

PRASARITA PADATONNASANA A,B,C,D

Prasarita means “spread out” or “expanded” pada means “foot” uttana means “intense stretch”. This pose has four variations.

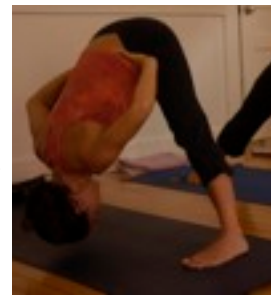
Prasarita Padottanasana A

- ☸ Inhale step open wide, feet parallel, and hands on hips
- ☸ Exhale fold at hips, place hands on floor finger tips in line with big toes (if possible)
- ☸ Inhale, head up (backbend with hands on floor)
- ☸ Exhale, head to floor--if you are tight in your hamstrings or lower back you may need to walk your hands forward and lean into them to get your head to the floor--hold 5 breaths--put extra attention into uddiyana bandha while you slightly release mula bandha
- ☸ Inhale look up--straighten arms
- ☸ Exhale hands to hips
- ☸ Inhale to standing
- ☸ Exhale, release



Position B

- ☸ Inhale stretch arms out
- ☸ Exhale hands on hips
- ☸ Inhale lengthen your spine
- ☸ Exhale forward bend, head to floor (or somewhere toward that direction)--hold 5 breaths—keep hands on waist, dig fingertips into uddiyana bandha
- ☸ Inhale come up to standing
- ☸ Exhale there



C Position

- ☸ Inhale stretch arms out
- ☸ Exhale clasp hands behind you
- ☸ Inhale again
- ☸ Exhale forward bend, head to floor (or somewhere close)--hold 5 breaths
- ☸ Inhale come up to standing
- ☸ Exhale there



D Position

- ☸ Inhale hands on hips
- ☸ Exhale catch your big toes
- ☸ Inhale head up, backbend (while holding onto big toes)
- ☸ Exhale forward bend, head to floor in line with feet--hold 5 breaths
- ☸ Inhale head up--straighten arms
- ☸ Exhale hands to hips
- ☸ Inhale to standing
- ☸ Exhale Samasthithi



If possible, getting your head to the floor in these asana are preferred. This has a grounding effect on us emotionally and makes us feel secure in the pose. No pressure should be on the head, it is only required to have contact with the floor.

This group of asana reduces the accumulation of fat deposits around the waist and increases the strength and tone of the muscles of the legs and back. Organs from the navel down are cleansed, and when the head is tipped below the waist in this manner the inner fire (Agni) effectively cleanses the bowel and rectum/anus, curing constipation. The sexual organs are cleansed and the breathing apparatus purified. The entire nervous system is cleansed.