



## POSE OF THE MONTH

### PRASARITA PADATONNASANA A,B,C,D

Prasarita means “spread out” or “expanded” pada means “foot” uttana means “intense stretch”; spread out feet intense stretch. This is a feel good pose :) This pose has four variations.

#### Prasarita Padottanasana A

- ☯ Inhale jump or step open very 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 toward the floor--if you are tight in your hamstrings or lower back you may need to either bend your knees or 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 (Picture to the left)

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

#### C Position

- ☯ Inhale stretch arms out
- ☯ Exhale clasp hands behind you
- ☯ Inhale again
- ☯ Exhale forward bend, head toward floor
- hold 5 breaths

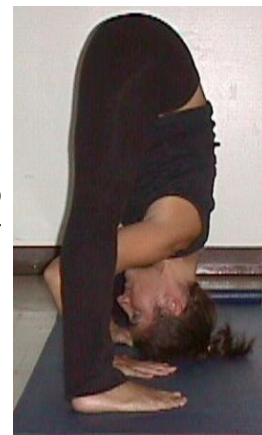


- ☯ Inhale come up to standing
- ☯ Exhale there

#### D Position

- ☯ Inhale hands on hips
- ☯ Exhale bend over and catch your big toes
- ☯ Inhale head up,
- ☯ Exhale forward bend, head toward floor in line with feet--hold 5 breaths
- ☯ Inhale head up-straighten arms
- ☯ Exhale hands to hips
- ☯ Inhale to standing
- ☯ Exhale Samasthithi

If possible and comfortable, getting your head to the floor in these asana are preferred. This has a grounding and calming 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. If your head does not come to the floor no worries — you can let your head hang a little creating traction on your neck or you can put a towel or block under your head if you prefer the calming and grounding feeling that creates.





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These series along with their breath and arm work are especially good for brain motor neuronal connections and for our knees — These poses can be therapy for our knees if we are able to keep our legs straight while standing up and moving our arms with the breath work — it helps to strengthen and stabilize the muscles and ligaments that support our knees.

The yoga texts say 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.

When the head is tipped below the waist in this manner the inner fire (Agni) effectively cleanses the bowel and rectum/anus, curing constipation. This series can have a calming effect on our nervous systems if it is not over done or done too intensely.