



Reference Page Numbers:
none

Spine Position: flexion-forward bend

Contraindications: sciatica, pregnancy beyond first trimester, extreme hip/knee/ankle discomfort after modifications have been made

BENEFITS:

- can relieve sciatica by releasing an over-tight piriformis muscle
- aids in digestion and elimination
- quieting and introspective (inward focused) as with all forward folds
- releases emotions stored as tension in hips, legs, pelvis
- chakras stimulated: 1st, 2nd