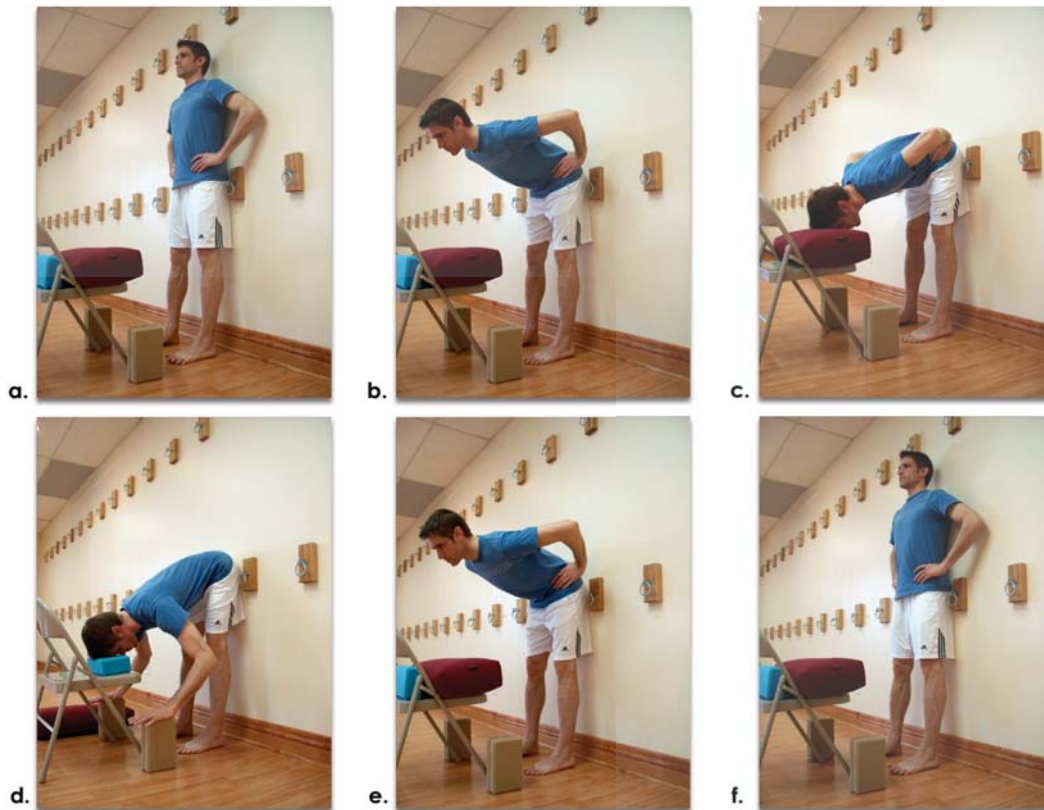


Supported Standing Forward Bend (restorative hamstring stretch)



Props: 1 chair + A folded blanket(s) + 2 blocks

Instructions:

- Place a chair at a distance away from the wall so that you can comfortably rest your forehead into some sort of support (1-2 block and a folded blanket if necessary). Place a block on either side of the chair so that you can rest your hands on the blocks. **(figures d)**
- **(figure a)** Stand 6-12 inches away from the wall with your back to the wall in Mountain Pose (Tadasana) and separate your feet hip-width apart.
- Rest your sitting bones against the wall and move your heels away from the base of the wall – so that you have adequate freedom of movement.
- Inhale and lengthen your spine.
- **(figure b)** Maintaining the length in the spine, exhale as you bend forward from the hips.
- Press the feet into the ground and the sitting bones into the wall. Make sure that the sitting bones remain in contact with the wall throughout the duration of the posture. **(figure c)**
- Keep the quadriceps firm in order to support the stretch of the hamstrings.
- Rest the forehead into the block(s)/ bolster and hold the pose for 20 breaths. **(figure d)**
- When you are ready to come out of the posture, inhale and slowly come up. **(figure e)**
- Remain still for a few breaths **(figure f)**. Repeat one more time.

(continued on next page)

Benefits of the posture:

- This is both a calming and recuperative posture which rests and energizes the heart and lungs.
 - Relieves fatigue – especially after a long run.
 - Increases blood flow to the brain and soothes the nervous system.
 - Regulates blood pressure.
 - Tones the abdominal organs.
 - Strengthens and gently stretches the hamstring muscles.
 - Increases flexibility in the hip joint.
 - Strengthens the knee joint and its surrounding muscles and connective tissue.
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