

Preparatory Exercises

Torso: Forward Bend

Starting Position: standing straight with your feet separated hip distance apart and parallel on the outer edges.

Breathe in and join your hands over the head.

Breathe out as you bend forward leaning back with the pelvis, flex the right foot and touch your toes.

Breathe in and again join the hands over the head.

Breathe out as you bend forward leaning back with the pelvis, flex the left foot and touch your toes.

Continue for 10 to 20 repetitions.



Contraindications: nothing specific.

Benefits: mobilizes the pelvis and vertebral column; refines awareness of the body center.