

Asana

Wide Legged Forward Bend

Prasarita Pada Uttana Asana

Starting Position: Erect with feet very wide apart and slightly turned in. Lightly stretch your legs and let the lower abdomen sink in.

The practice can be started with some dynamic repetitions.

While exhaling, with your hands on the hips and keeping the spine long, bend forward from the hips. While inhaling, lift back up to the standing position.

From 3 to 7 repetitions.



Flexing the trunk, move downwards until the upper part of the cranium touches the floor or a block; your neck is completely relaxed. Hold the heels with your hands if possible. In the final position, the spine should be long and the torso should be in a passive forward fold, as close as possible to the legs without further separating the feet.



Maintain for a minimum of 1 minute and progressively increase up to a maximum of 5 minutes. At the end of the static phase, lengthen the spine with the trunk parallel to ground (hold for 15-30 seconds).

Contraindications: hypertension (for prolonged static pose), abscesses, vasomotor headaches, aneurysms, glaucoma, head and neck abscesses.

Benefits: this is a fundamental Asana, one of those exercises to always keep in your practice. The position of the torso is reversed, with the upper part of the skull in contact with the ground, as it happens in Headstand but with the advantage of not having pressure on the cervical vertebrae. Compared to Shirsha Asana, Prasarita Pada Uttana Asana is less powerful but with the advantage of being more accessible and can be practiced for prolonged periods of time, practically without risks. Very beneficial for the central nervous system, it stabilizes concentration and strengthens the heart, liver and digestive organs. It confers elasticity to the lower limbs and pelvic joints, and is a beautiful pose for longevity. As explained above, it is an excellent alternative to Shirsha Asana, especially for those who cannot, or are unable to access that pose.