

Asana

Hands to Feet Pose

Pada Hasta Asana

Starting Position: Standing.

Phase 1: roll wrists along lower limbs until hands can be placed over feet. Barycentre moves back as much as necessary. With fingers outstretched and pointing downwards, stretch the back with gaze directed upwards; feel the stretch from the sacrum to the back of the head; breathe deeply, and if possible, perform *Ujjayi*.

Phase 2: Relax pose a little, lift feet and place hands underneath. Repeat the barycentre glide and back stretch (from sacrum to back of head) with upward gaze as before; deep breathing or *Ujjayi*.

In closing, move to Elephant Pose, hold from 30 seconds to 2 minutes, then unroll the trunk and move back to the erect position.



Contraindications: none.

Benefits: strengthens breathing and the whole body; brings elasticity to limbs and pelvic joints; invigorates abdominal organs.