



Forward Bends & Hip Stretching Poses

Description



The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.

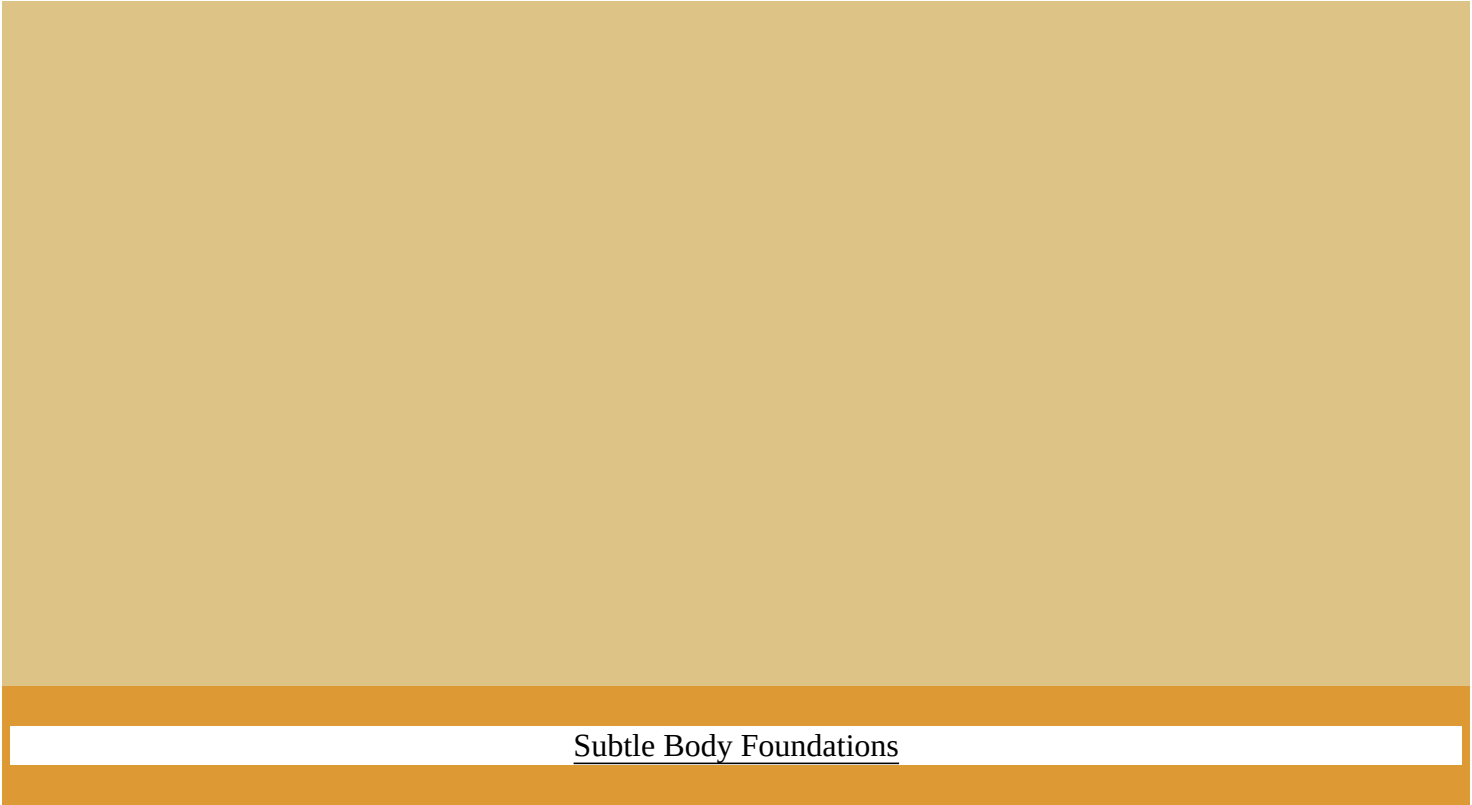


History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More 

1. [Asana Category: Forw](#)

Forward Bends



[Apanasana \(Knees to Chest\)](#)



Pawanmuktasana

â??pavanaâ?• = wind

â??muktaâ?• = to liberate or to free

Wind-Relieving Pose

Apanasana



- Knees to Chest
- Also known as: Moving Outwards and Eliminating Force Posture
- Some sources refer to this pose as *Apanasana* and others call it *Pavanmuktasana*.
- Other sources designate *Pavanmuktasana* as the name for drawing in one knee and *Apanasana* as the name for drawing in both.
- *Pavanmuktasana* is also the name given to a joint freeing series used in yoga therapy.

Heart of Pose

- Forward Bend

Notes This pose celebrates Vayu, the Lord of the Wind. (*Vayu* is a synonym for *pavana*, and both are associated with *prana*.) In the Vedas, Vayu is the deified wind, or the breath of the gods. When we practice *Pavanmuktasana*, we affect the *pranic* body, particularly the [pranamaya kosha](#) or energy sheath. — Rama Jyoti Vernon

[Baddha Konasana \(Bound Angle Pose\)](#)



Baddha Konasana

â??baddhaâ?• = fixed, restrained, bound

â??konaâ?• = angle

Bound Angle Pose

Also known as: Cobblerâ??s Pose

Heart of Pose



Hip / Adductor Stretch

Notes

COBBLER'S POSE IN THE WEST

Bound Angle pose is also called Cobbler's Pose, because it is the position that shoemakers use in India. They hold the shoe with the feet, so that both hands are free to work on the shoe that they are making. Westerners can find this pose challenging because of the years we spend sitting in chairs with our knees close together. — Judith Lasater

GOAL IS NOT TO GET KNEES TO FLOOR

The goal of *Baddha Konasana* is not to get your knees to the floor as quickly as possible. Rather, the intent is to lengthen your inner and outer thighs, strengthen your lower back, and increase flexibility in your legs, hips, knees and back. These benefits may allow your knees to reach the floor but forcing your knees to the floor could cause harm. — Miriam Austin

[Dandasana \(Staff or Stick Pose\)](#)



Dandasana

don-DAHS-anna

â??dandaâ?• = staff or stick

Staff Pose

Also known as: Stick Pose

Heart of Pose



- Stabilizing
- Neutralizing
- Forward Bend

Notes

- Sometimes considered a seated version of (or comparable to) [Tadasana \(Mountain Pose\)](#).
- Often used to neutralize and/or assess change during and after other seated poses.
- Lengthening hamstrings beforehand makes it easier to sit upright in this pose.

Gomukhasana (Cow Face Pose)



Gomukhasana

gomâ = cow

mukha = face

Cow Face Pose

Gomukha means one whose face resembles a cow. It also means a kind of a musical instrument narrow at one end and broad at the other like the face of a cow. B.K.S. Iyengar



Gomukha is the name of the source of the river Ganges, a sacred place of pilgrimage. (Joseph LePage)

Heart of Pose

Hip & Shoulder Stretch

Note

This pose is good preparation for other poses. Top arm prepares for Handstand, Forearm Balance and Headstand. Bottom arm prepares for twists and Shoulderstand. (Rodney Yee)

Hanumanasana (Monkey Pose / The Splits) 1.6



Hanumanasana

hah-new-mahn-AHS-anna

• = name of monkey deity, reliever of suffering

Monkey Pose

Also known as: The Splits

Heart of Pose

Hip Stretch

Notes

- *Hanumanasana* represents the mythological Hanuman's leap from India to Sri Lanka to rescue princess Sita.

Hanumanasana in its traditional form is an advanced posture.

Anjaneyasana (Low Lunge)



Anjaneyasana

ahn-ja-nay-YAHS-anna

• = arising from *Anjana*

Low Lunge

Ardha Hanumanasana

Half Monkey Pose

Also known as: Hamstring Stretch

Utthan Pristhasana

Lizard Pose

Heart of Poses

- Hip Stretch

Janu Sirsasana (Head to Knee)



Janu Sirsasana

â??januâ?• = knee

â??sirsaâ?• = head

Head to Knee Pose

Parivrtta Janu Sirsasana

â??parivrttaâ?• = revolving

Revolved Head to Knee Pose

Heart of Pose

- Asymmetrical Stretch of Back Body
- Twist

Notes

- Contraindicated for [SI Joint Pain](#).

Janu Sirsasana differs from [Paschimottanasana \(Seated Forward Bend\)](#) in its asymmetry, twisting of the spine and stretching of the kidneys (Brad Priddy)

Marichyasana (Marichî??s Pose) I
(Forward Bends) 1.7

Marichyasana (Marichî??s Pose) I (Forward Bends)



Marichyasana

mar-ee-chee-AWS-ahnuh

Marici = name of a sage in Indian mythology (or name of a demon who begins to awaken)

- *Marichyasana I = Marichyasana A*
- *Marichyasana II = Marichyasana B*



- *Marichyasana III = Marichyasana C*
- *Marichyasana IV = Marichyasana D*

Heart of Poses

- Forward Bend

Notes

- Marichyasana poses are presented inconsistently among different sources; here they are shown as they are typically presented in Ashtanga and Iyengar sources.
- For the Marichi Twist, see that separate asana digest.

For an extremely in-depth article on preparing for Marichi II, see Roger Cole's article [here](#).

Paschimottanasana (Seated Forward Bend)



Paschimottasana

Intense Stretch of the West

Also known as: Seated Forward Bend

Heart of Pose

Stretch Back Body

Supta Padangusthasana (Reclined Hand to Toe) 1.6 Supta Padangusthasana A



Open Leg to Side

Supta Padangusthasana C

Two Hands Drawing Leg Toward Floor Outside Ear

Supta Padangusthasana

soop-TAH-pod-ang-goosh-TAHS-anna

â??suptaâ?• = reclining

â??padaâ?• = foot

â??angustaâ?• = big toe

Reclined Hand to Toe

Also known as: Reclined Big Toe

Heart of Pose

- Forward Bend
- Hip & Leg Stretch

Notes

- Known for relieving low back pain
- Good pose for times when seated and standing forward bends put low back at riskâ?? such as for students with tight hamstrings or back issues such as disk injury
- Considered a preliminary pose for seated postures and advanced poses
- Can provide hip opening and hamstring stretch in preparation for seated forward bends

See also [Asana Categories: Forward Bends](#)

Upavistha Konasana (Seated Angle Pose)

Upavistha Konasana

oo-pah-VEESH-tah cone-AHS-anna

â??upavisthaâ?• = seated

â??konaâ?• = angle

Seated Angle Pose

Upavistha Konasana B

also known as:

Urdhva Upavistha Konasana (Upward Seated Wide-Angle Pose)

Utthita Upavistha Konasana (Extended Seated Wide-Angle Pose)

Upavistha Konasana (Lift Up)

Heart of Pose

Forward Bend

[Agnistambhasana \(Fire Log\)](#)



Agnistambhasana

Fire Log Pose

Also known as: *Dwi Pada Rajakapotasana* (Double Pigeon) and Square Pose



Heart of Pose

- Hip Stretch

Yoganidrasana (Yogic Sleep) & Ananda Balasana (Happy Baby)

Yoganidrasana

- *nidra* = sleep
- Yogic Sleep Pose

Ananda Balasana

- *ananda* = happiness
- *bala* = child
- Happy Baby Pose
- Also known as: Stirrup Pose, Dead Bug

Heart of Poses

- Hip Stretch
- Forward Bend

Notes

- *Yoganidrasana* is [Supta Kurmasana](#) flipped over.
- Happy Baby is a beginner's variation of *Yoganidrasana*.
- Happy Baby serves as a non-weight bearing alternative to [Malasana \(Garland Pose / Yogic Squat\)](#) for knee or other issues.
- Counterpose (from Bernie Clark): Windshield Wipers, for internal hip rotation. Lie on back with feet on floor as wide apart as the mat; drop knees from side to side.

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