

Forward Folding Intro

Forward bending poses are a staple of any yoga class. They allow for a nice, lengthening stretch throughout the entire spine, the backs of the legs and the back muscles.

Forward bends can be a challenge to many people, especially those with tight hamstrings. Forward bends clearly open the hamstrings. Keeping the hamstrings open reduces strain and tightness in the lower back. Since the hamstring attaches to the lowest part of the pelvis, when the legs are tight they easily pull down on the pelvis putting unnecessary stress on the back. A chain reaction will happen over time where tight hamstrings lead to a strained back which can then lead to unstable hips above and to knee problems below.

Try to discover ease in your forward bends. Forward bends are not about how deep you can go, but rather how deeply you can release. Less is more. There is no need to force the body to try to get into a position that it's not ready for. Instead, settle into focusing on your breath. Let your body unfold at its own pace.

The FORWARD FOLDING routine consists of 6 forward folding bends and 2 exercises of axial rotation (twisting).

Twisting compresses the body in a unique way that activates an untold amount of dormant muscles. Twisting wrings out negative tension and stress. Twisting is the secret to a tight tummy. Twisting allows one to go deeper into other yoga poses. Twisting provides an undeniable range of benefits for tendons, ligaments, muscles, inner organs and more!