

BUTTERFLY BEND

FF02

yoga = badha konasana

DIRECTIONS

Sit up straight with soles of both feet touching each other in Butterfly Pose. Slowly curl torso forwards letting the head and shoulders rest downwards with the hands reaching comfortably towards the feet. Hold and breathe relaxing in the forward bend for one minute.

BENEFITS

BUTTERFLY BENDS are a therapeutic groin opener, boosting increased blood flow to the pelvic and inner thigh areas. The muscles in these regions are also strengthened and lengthened. Holding the forward bending position is also a great low back lengthener.