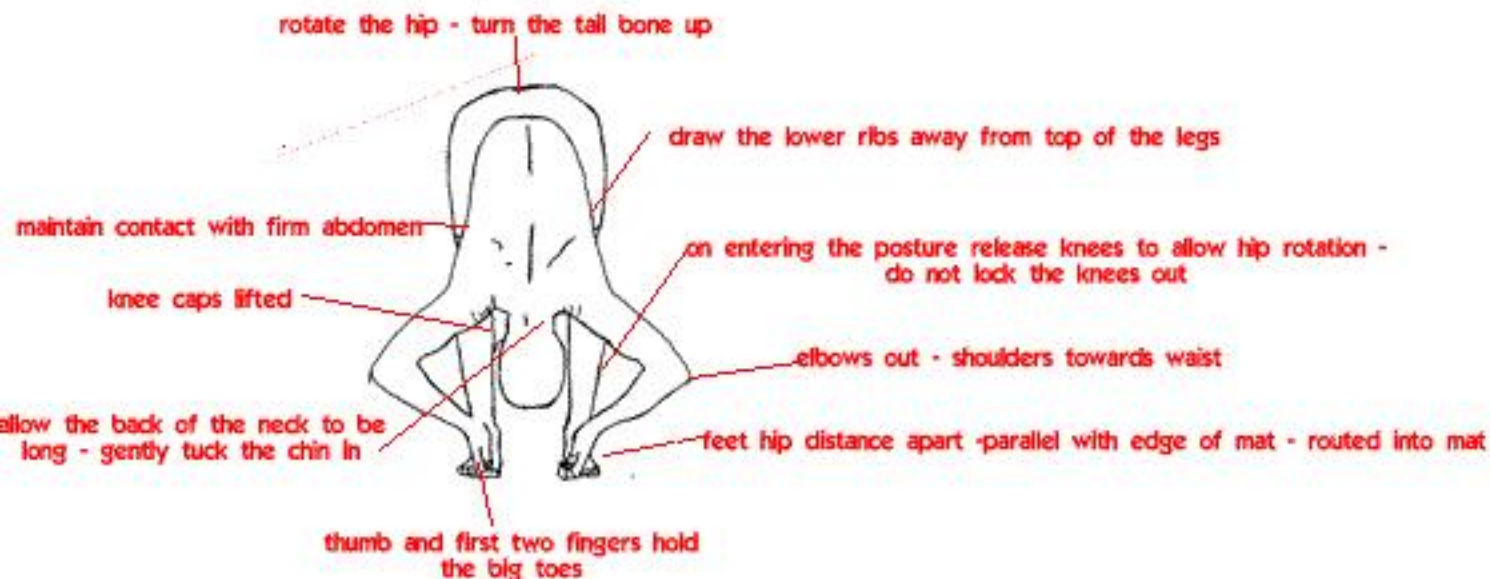


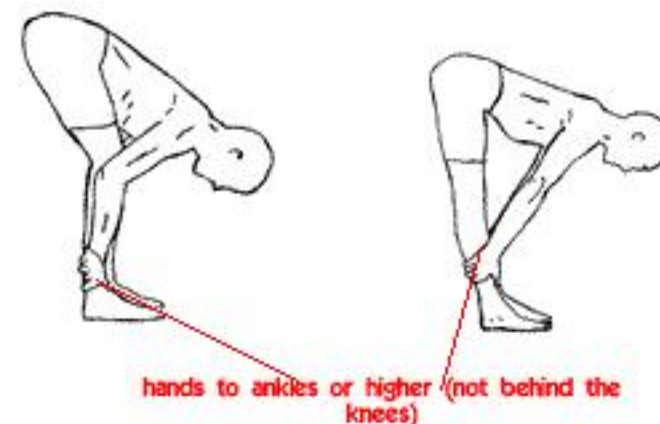
# STANDING SEQUENCE POSTURES 1 AND 2

## PADANGUSTHASANA

standing forward bend a

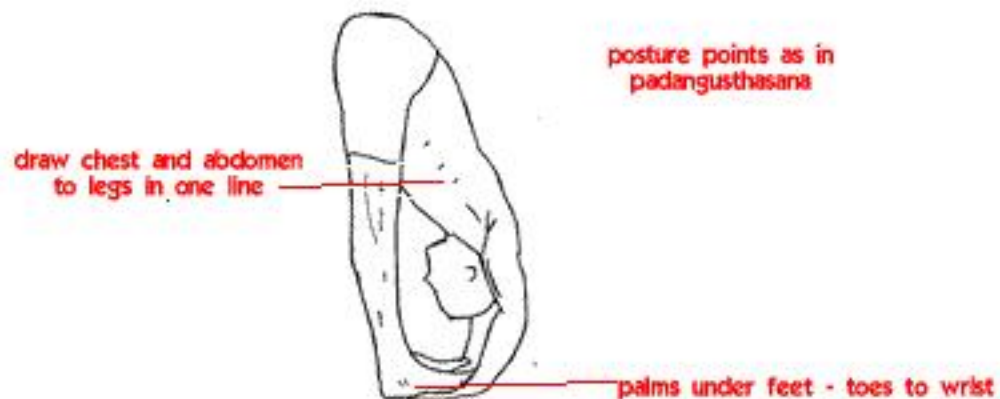


modifications

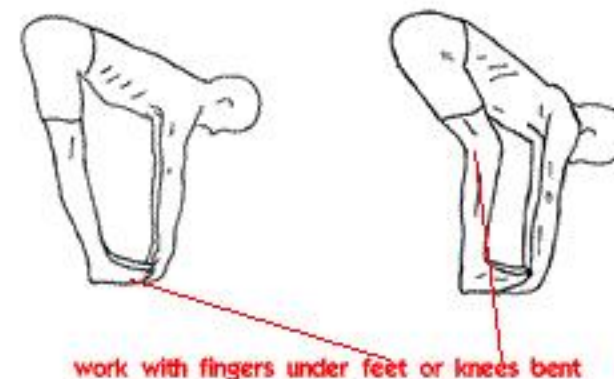


## PADAHASTASANA

standing forward bend b



modifications



**BENEFITS (A & B)** - Brings fresh blood to the brain - strengthens quads and hamstrings - lumbar spine and hamstrings given a intense but controlled stretch - recentres the whole body and massages internal organs.

**BENEFITS (b)** stretches the front of the forearms providing a counter stretch for the wrists after the weight bearing postures of sun salutations.

