

PARSVOTTANASANA

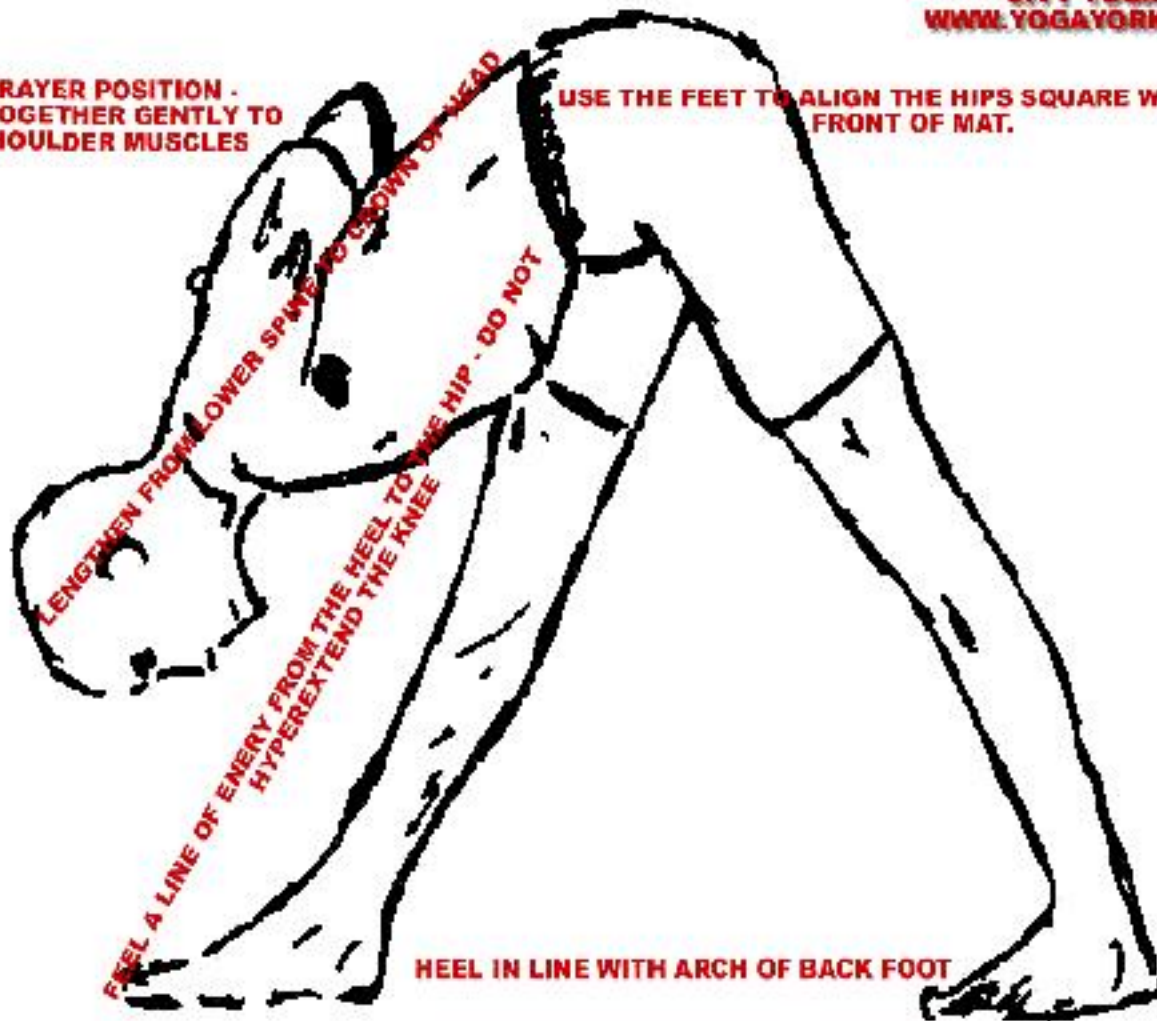
SIDE FORWARD BEND



CITY YOGA
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HANDS IN PRAYER POSITION -
PRESS PALMS TOGETHER GENTLY TO
ACTIVATE SHOULDER MUSCLES

USE THE FEET TO ALIGN THE HIPS SQUARE WITH THE
FRONT OF MAT.



MODIFICATION

HOLD ELBOWS INSTEAD OF PRAYER POSITION

FOCUS ON LENGTH RATHER THAN DEPTH

