

Forward Bending Poses ✓

- **Notes On Teaching Forward Bending Poses:**

1. Root down through the sit bones.
2. Make sure knees are not locked.
3. Instruct to keep spine straight.

I. Bent Knee Forward Fold (Janu Sirsasana)

- **Dialog-** Stretch your right leg out to the right. Bend the left knee. Place the left foot on the inner right thigh. Reach up, twist toward the right leg. Fold forward.
- **Modifications**
 - i. Sit on blankets
 - ii. Strap around extended leg foot
 - iii. Both legs straight
 - iv. Towel behind bent knee
- **Adjustments**
 - i. Ground thigh bones
 - ii. Extend rib cage
 - iii. Knee to sacrum
 - iv. Hold hands, lengthen

II. Seated Forward Bend

- **Dialog-** Straighten both legs forward. Reach up. Fold.