

## KNEELING BACK BEND

- Kneel on floor, keep knees in line with hips - have heels outside buttocks with toes extended.
- Exhale and recline trunk back and rest elbows one at a time on the floor.
- Gradually rest back onto floor, take arms overhead and stretch out.
- Hold pose, stretching the sine of the quadriceps, soften the abdomen and extend tailbone towards knees.
- Breathe deeply. To come up - place arms beside trunk, press elbows into the floor, exhale and sit up.

### Benefits

- Improves flexibility in quadriceps and shoulders.

### Beginners Advice

- If you are limited in moving trunk close to floor then a bolster may be used.
- Use breath to ease areas of resistance.
- Recline until you find your 'edge' explore your range from here.
- Be aware of limitations and tightness in knees.

### Challenge

- See how long you can maintain posture without compromising its integrity.

### Adjustments / What to look for

- Even distribution of weight through shins and feet.
- Keep knees on the ground.

