



Seated Forward Bend

1. Set up the starting position

1. Sit on the floor with your legs straight in front of you, feet together or hip-width apart.
2. Flex your feet so your toes point up and your heels press gently into the mat.
3. Sit up tall on your sit bones, lengthening your spine.
 - If your lower back rounds, sit on a folded blanket or block to tilt your pelvis slightly forward.

2. Align your body

4. Place your hands beside your hips, fingers pointing forward.
5. Roll your shoulders up, back, and down, opening your chest.
6. Gently draw your navel toward your spine to engage your core.

3. Begin the forward fold

7. Inhale and reach your arms up overhead, lengthening through the spine.
8. Exhale and hinge from your hips (not from your upper back), start to fold forward.
 - Think: “chest toward thighs,” rather than “head toward knees.”

4. Find your hand position

9. Let your hands land where they comfortably reach:
 - On your thighs, shins, ankles, or feet (soles, sides, or big toes).

10. Keep a micro-bend in your knees if your hamstrings feel tight; you can also put a rolled blanket under the knees.

5. Deepen the pose (gently)

11. With each inhale, lengthen your spine slightly forward.

12. With each exhale, soften and allow your torso to relax a little closer to your legs, without forcing or bouncing.

13. Relax your neck and face; gaze can be toward your shins or knees.

Hold for 5–10 breaths (or longer if comfortable).

6. To come out of the pose

14. Inhale, press your sit bones into the floor and slowly roll up one vertebra at a time or hinge back up with a straight spine.

15. Return to a tall, seated position, hands on your thighs, and take a few normal breaths.

Tips & precautions

- If your back feels strained, bend your knees more or back out slightly.
- Avoid this pose (or modify heavily) with acute low back injury, sciatica, or recent hamstring injury check with a doctor or physical therapist if unsure.
- Sensation in the back of the legs is okay; sharp pain in the back or knees is not come out if you feel pain.