

# Seated Forward Bend

## Paschimottanasana

1.



Try to keep the back straight, place your legs slightly apart and bend them. Once you have enough experience, you will be able to put your legs together, completely straighten them, and touch your knees with your forehead.

*This is a pose for the stomach.*

*Lie down on the ground, inhale and put your arms above your head, then exhale and bend forward, hold your ankles with hands. Make sure your legs and knees are straight. Remain in this position and let the energy flow inside you. Then touch your knees with your forehead. By doing this pose, you will get rid of any illnesses in your abdominal area; you will feel joy.*