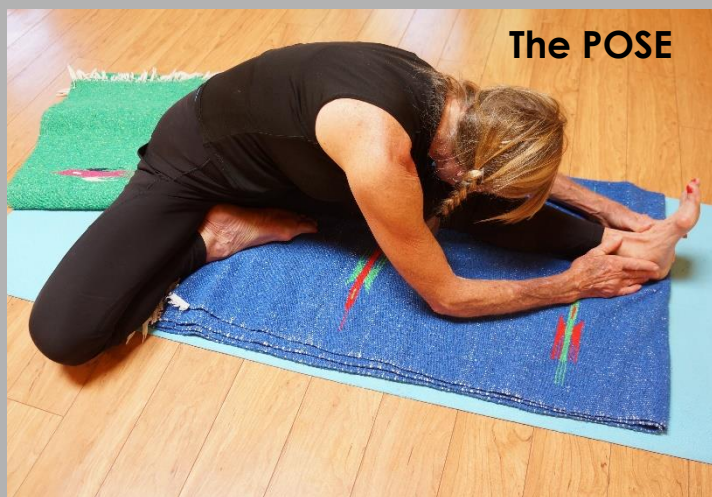


POSE 16 Forward Bends

Janu Sirsasana Head to Knee Pose

Janu means the knee, *shirsa* is the head. In this pose, the bent-leg's knee is considered the head that goes to the floor.



Janu Sirsasana eases effects of stress on the heart and the mind. It increases flexibility of all the arm joints, from shoulders to knuckles.

Head to Knee Pose stabilizes blood pressure, gradually corrects the curvature of the spine and rounded shoulder, and eases stiffness in the shoulder and upper ligaments. Tones the abdominal organs and relieves stiffness in the legs.



Props

- Sticky mat, and two blankets.

Please refer to my website for information about all yoga props from Hugger Mugger™
joann.yoga/yoga/yoga-props/

Foundation

1. Seated in Pose 15 – Dandasana *Staff Pose* place the corner of the blanket under the left sit-bone (ischia), just like in **photo 1**.

Getting into the pose

2. Manually bring the right heel to the inner right thigh. With hands alongside the hips, lift the hips and extend the left leg directly from the hip further. This places the right knee behind the right iliac bone.

3. The left hand is placed in the back mid-line, just like in the **photo 2**.
4. The right hand is placed above the right knee. The left and right triceps are engaged lifting the shoulder girdle.
5. Engage the right triceps, the sternum, and the left shinbone, just like in **photo 2**.
6. Maintaining contact of the left sit-bone (ischia) with the floor, bring both hands alongside the left leg. Hinging from the hips, stretch over the left leg.
7. The head of the right knee goes to the floor, as the torso travels to the right shin bone.
8. In the POSE (**main photo**), establish a smooth rhythm of breath. Maintaining foundation of the sit-bones (ischia), release the bent-leg's lower back. Hold for five to seven cycles of breath.

Release

1. When releasing, maintain weight in the bent-leg's sit-bone (ischia), exhale and come up.
2. Support the bent-leg's knee and manually extend the leg into Pose 15 – Dandasana *Staff Pose*.

Repeat the pose on the other side.

Duration: Repeat the pose on each side, and hold for **five to seven cycles of breath**.

Extra focus:

- Maintaining spinal alignment.
- Engaging the triceps and releasing the mid-thoracic
- Keep both sit-bones (ischia) weighted.
- Engage the extended leg's hamstring to lengthen the leg.

Avoid:

- Rounding the mid-thoracic
- Lifting the bent-leg sit-bone (ischia).