Asana Category: Forward Bends

Vocabulary Mix-and-Match

1. Supta Padangusthasana
2. Yoganidrasana
3. Upavistha Konasana
4. Janu Sirsasana
5. Agnisthambhasana
6. Parivrtta Janu Sirsasana
7. Tiriang Mukha Eka Pada Paschimottanasna
8. Paschimottanasana
9. Apanasana
10. Balasana
11. Baddha Konasana
12. Fire Log Pose / Double Pigeon / Square Pose
13. Intense Stretch of the West / Seated Forward Bend
14. Yogic Sleep Pose
15. Wind-Relieving Pose / Knees to Chest
16. Bound Angle / Cobblers Pose
17. Seated Angle Pose
18. Revolved Head to Knee Pose
19. Head to Knee Pose
20. Three-Limbed Forward Bend
21. Child’s Pose
22. Reclined Hand to Toe Pose
23. What is forward bending?

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1. What is a common effect of all types of forward bends?

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1. What is the anatomical term for forward bending?

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1. Describe four types of forward bends, including the effect and examples for each.

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1. For what conditions are forward bends contraindicated?

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1. What are the general physical effects of forward bends?

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1. What are the energetic effects?

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1. What is meant by the terms “anterior tilt” and “posterior tilt” of the pelvis?

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1. Describe generally advised forward bending alignment in terms of anterior and posterior tilt of the pelvis.

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1. Give two examples of ways to direct students that will encourage a balance of effort and ease in forward bending.

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1. How can you use *Dandasana* (Staff Pose) to learn about an individual student and advise them in forward bending?

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1. Name some forward bending poses that are safest for tight hamstrings and/or back issues such as disk injuries.

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1. How can moving into *Uttanasana* (Standing Forward Bend) with a “swan dive” be risky for flexible practitioners?

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1. How can you sequence to prepare for deep forward bends?

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1. What counterposes are recommended after forward bending?

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1. The Viniyoga tradition calls forward bends the “hub of the wheel” in sequencing. What is meant by this?

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