

Seated Forward Fold

(Paschimottanasana)

A soothing invitation to soften and surrender — a gentle release that cultivates flexibility, calm, and emotional clarity.

Entering the Posture

Begin seated on your knees, with your **thighs parallel to the floor** and your feet relaxed behind you.

- Place your hands gently on your knees, feeling grounded in your seat.
 - Align your spine tall, your chest open, and your shoulders relaxed.
 - Take a moment to settle, noticing the natural curve of your spine and the rhythm of your breath.
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Breathwork Focus: The Gentle Surrender

This breath pattern encourages release and emotional balance, guiding the body to relax deeply and open gradually.

Inhale (count of 4):

Draw breath into your belly, feeling the spine lengthen with every inhale. Imagine your breath lifting through the crown of your head, creating space between each vertebra. Feel yourself **rising with each breath**.

Exhale (count of 6):

Gently fold forward, moving with the breath. Let the movement be soft, like a wave rolling in. Tuck your chin toward your chest and **let go** with each exhale — soften through your neck, shoulders, and back.

Suggested rhythm: Repeat for 5–7 full cycles of breath, letting each one take you deeper into the pose, slowly surrendering into the stretch.

Mind-Body Connection

- Focus on the **lengthening of the spine** with every inhale.
- Feel the slow release as your body naturally folds forward with each exhale.
- Pay attention to the subtle opening in your **hips and lower back** — this gentle stretch is an invitation to release tension stored in the body and mind.

“I soften with each breath. I trust in the process of unfolding.”

To Transition

As you're ready, begin to slowly **lift your torso back to an upright position**.

Move with intention, stacking each vertebra as you rise.

Once upright, return your hands to your thighs and close your eyes for a moment, feeling the residual peace from the pose. Stay here for a few breaths.