

### **Benefits:**

Strengthens quadriceps, stretches back, strengthens & loosens shoulders & wrists.

**Time to Do:** 3 minutes

**Body Parts Used by This Posture:** Quadriceps (thighs), shoulders, arms wrists, lower back

**Warms You Up for:** Balance Posture 2, 3, Dancer's Posture, Pelvic Lift, Back Push Up, Warrior, Lunge, Bow, Half Bow

**Warm Up with:** Dancer's Posture, Pelvic Lift, Balance Posture 1, Bust Expansion

**Builds you up for:** Postures requiring strength in the thighs (quads) or arms: Back Bend 2, 3; Balance Posture 2, 3; Bow; Half Bow; Back Push Up, Warrior; Lunge; Dancer's Posture; Pelvic Lift; Chest Expansion, Chest Expansion Extension, Bust Expansion

**Try Learning First:** Pelvic Lift, Bust Expansion

**Energy Center Used:** Belly, Solar Plexus, Chest



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This pose is a great substitute for those who can't work well with Back Bend 2. Both poses are a great quad stretch. They loosen up your thighs beautifully for tougher poses like Balance Posture 3, Bow, Half Bow, and, eventually lead you to those quintessential yoga poses, the Back Push Up & the Warrior! Back Bend 1 is a good start down that road!

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### **Yoga Snack**

Try watching TV like this!

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**Once you've mastered this pose,** you might like to move on to Back Bend 2!

**Start**

“Standing” on your knees, legs together in Mountain Pose 1 or 2 (This is Mountain Pose, only on your knees!)

**That is - Start**

On your knees, legs together  
Body upright  
Arms by your sides  
Back of your head, shoulder blades and hips lined up with each other.



**Then**

Lean Back  
Until you feel a good stretch in your thighs & you can feel your abdominals working.

**Hold 2 – 6 breaths**

**Release** by returning upright  
Feel your body relaxing.

**Do 3 times.**

Try going farther back each time.

**Breathing**



Breathe in  
Breathe out letting weight settle down to knees.



Breathe in  
Breathe out leaning back.  
**Hold 2 – 6 breaths**



Breathe in  
Returning upright  
Breathe out letting weight settle down to

**When you have mastered this pose, if it no longer challenges you, you might like to move on to Back Bend 2.**