

Paschima Baddha Hastasana (Back Bound Hand Pose)

Paschima means the west or back side of the body. In this pose, the arms are bound behind the back. Regular practice will bring freedom of movement to the shoulders and arms and will open the chest.

- 1) Stand with the feet together and extend the arms by the sides of the body with the elbows straight. Roll the shoulders back and down, and spread the collarbones. To help this, rotate the arms out so that the palms face forward. Take a few breaths, working to open the chest as you move the shoulder blades down and into the body.
- 2) With an exhalation take the right arm behind the back and clasp the left elbow. If this is too difficult then catch the forearm or wrist. With practice flexibility will improve.
- 3) Catch the right elbow with the left hand. Catch the wrist or forearm if there is stiffness.
- 4) Now re-lift the chest and spread the collarbones. Pull the shoulder blades down and into the body as you roll the arms out. Breathe with quiet determination to create more movement in the shoulders and space in the chest. Keep the lower back long and do not push the abdomen forward. After a minute release and repeat taking the left arm behind the body first.



Work to spread the shoulders and lift the chest