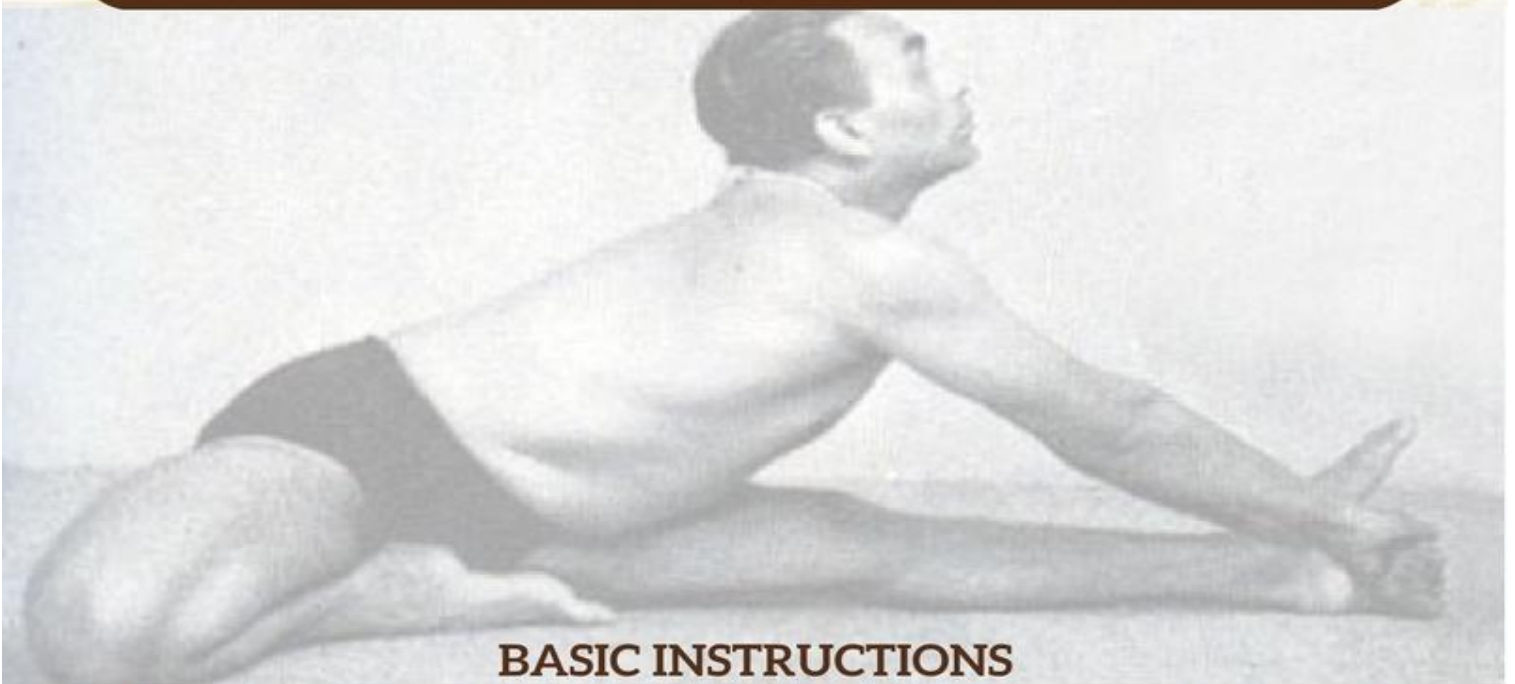


"If I say, 'Relax your brain', you cannot do it. If I put you into a certain asana, your brain relaxes, and you become quiet. This is the beauty of yoga."

*- BKS Iyengar,
Light on Life*

Janu Sirsasana - Head to Knee Forward Bend



BASIC INSTRUCTIONS

1. Start by sitting in Dandasana with both legs stretched straight
2. Bend one knee, bringing the heel against the inner thigh of the straight leg, allowing the knee to open out to the side
 3. Extend the arms up towards the ceiling
4. Bend forward at the hips & reach the arms towards the foot of the straight leg
5. Take hold of the foot or a belt, keep the head up & the back concaved
6. Bend the elbows out & move the whole torso forward along the leg
 7. Bring the head down to rest on the knee or shin