

"Even if fear comes, accept it and find the courage to move through it."

*- BKS Iyengar,
Light on Life*

Urdhva Dhanurasana - Upward Bow

BASIC INSTRUCTIONS

1. Lie flat on the floor, & place your palms under the shoulders, with your fingers pointing towards the feet
2. Bend the knees and bring the feet close to the buttocks
3. Raise the buttocks and the trunk up and place the crown of the head on the floor
4. Press the hands and feet into the floor, straighten the elbows & knees and arch the back