

## **BENEFITS OF FORWARD BENDS**

1. Soothe and calm the nervous system.
2. Give intense stretch to entire back side of the body.
3. Lengthen the entire back side of the body.
4. Improve the circulation of blood throughout the entire body.
5. Increase space and circulation between the vertebrae, so the nerves are freed, nourished, and healed.
6. As the spine and backside are being stretched, the front side is firmed and toned, thus stimulating digestion and elimination.
7. Stimulate the endocrine glandular system which regulates chemical balance.
8. Cool the mind and reduce anger and frustration.
9. Remove mental distractions and improve the attention span.
10. Prepare one for deep relaxation.
11. Improve the flow of prana.