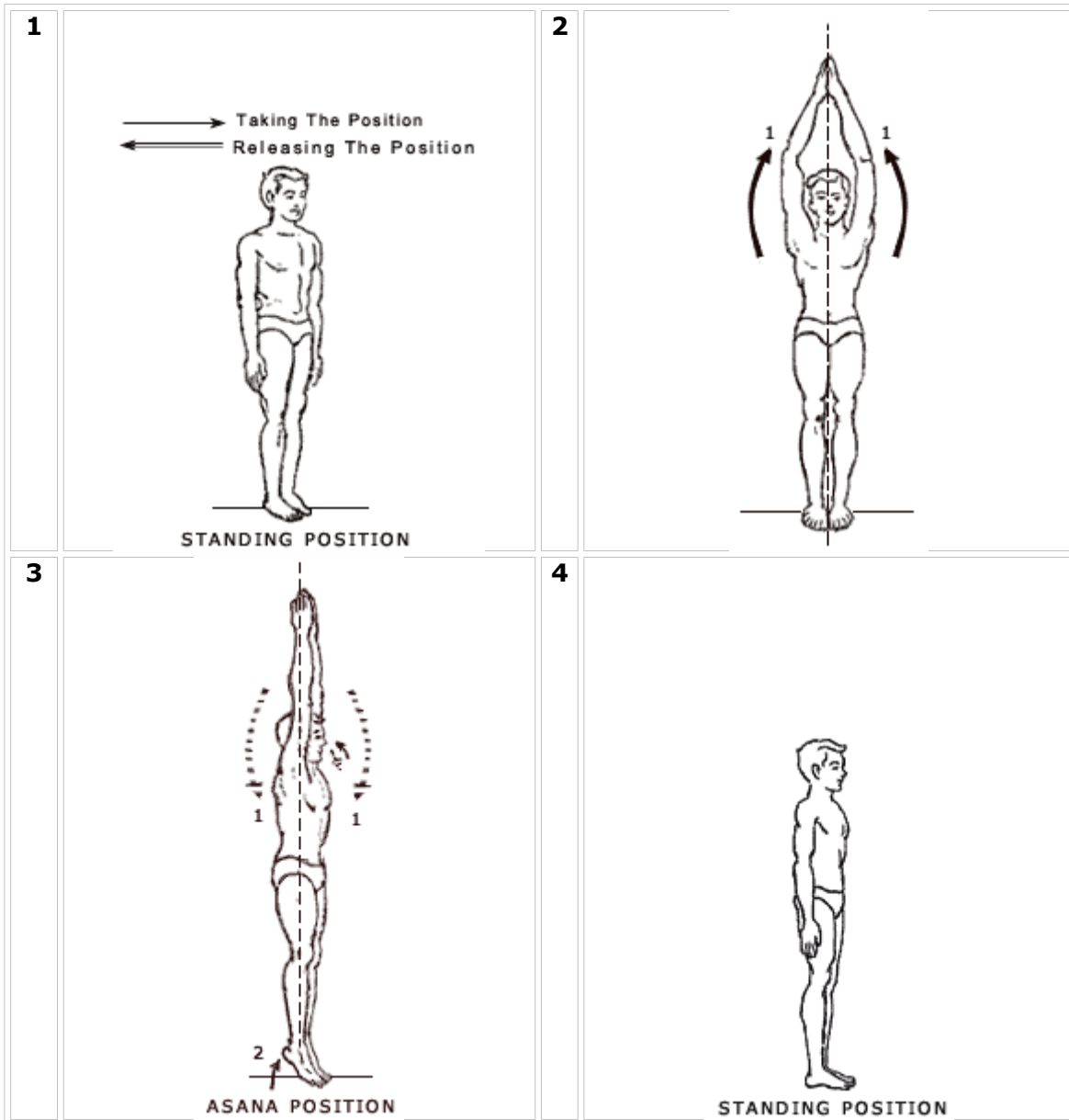


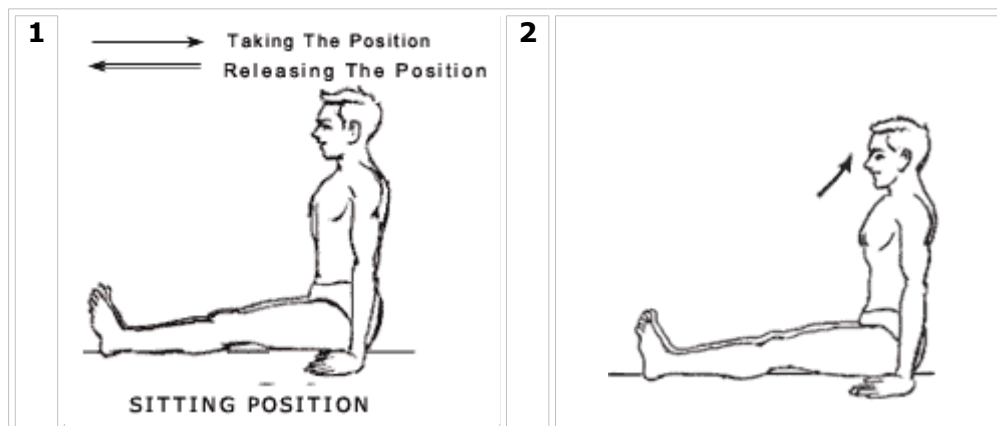
VRIKSHASANA

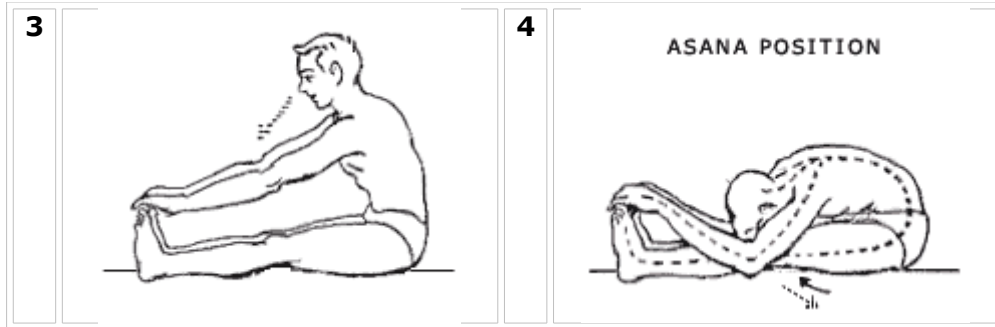


- Posture** A tree is always in a standing position, remains stable and grows upward. The similar process is involved in this asana and hence it is called Vrikshasana.
- Pre position** Standing Position.
- Procedure**
1. Exhale and inhaling take both the arms up above the head from the sides and join the palms at the top.

| | |
|-------------------------|--|
| | <ol style="list-style-type: none"> Lift the heels and stand on the toes and pull the whole body upward. Continue smooth breathing. |
| Position | Except the toes, the whole body right from the heels to the fingers of the hands, is stretched upward. Pull the hands upward as much as possible. The more the body is kept stretched, the more it is possible to keep the balance. Keeping the legs stable, one should pull the body upward, thinking that he is being pulled up by some force. Taking the asana position continue smooth breathing, and keep the sight and the mind fixed, as looking here and there will disturb the balance of the body. |
| Releasing | <ol style="list-style-type: none"> Inhale, and exhaling bring both the hands down from the sides. |
| Duration | <ol style="list-style-type: none"> Bring the heels on the floor and take up standing position. <p>As this asana involves balancing, it is enough to maintain it for one minute. To have certain special results, one should increase this duration to three minutes.</p> |
| Internal Effects | In this asana all the muscles are stretched in one direction at one time and then relaxed. This process helps to remove all the strains. The muscles get rest and relaxation and even the earlier strains caused by other asanas get removed. |
| Precaution | The asana being simple there is nothing to bother. However, while stretching the body upward, one should take care to maintain the balance. |

PASCHIMOTTANASANA (Full)





| | |
|-------------------------|---|
| Posture | The front side of the body is called east side, while the back side is called the west side. In this Asana complete back side, i.e., the west side, right from the heels to the forehead, gets stretched and therefore, it is called 'Pashchimottanasana'. |
| Pre position | Sitting Position. |
| Procedure | <ol style="list-style-type: none"> 1. Only inhale. 2. Exhale, and hold the big toes of both the feet with both the hands. |
| Position | <ol style="list-style-type: none"> 3. In exhaled state bend downward and rest the forehead on the knees. Continue smooth breathing. 1. After bending down, keep the heels, calves, thighs completely touching to the floor, keeping the spine straight, rest the forehead on the knees and continue smooth breathing. Try to rest the elbows on the floor. 2. Since here the abdomen gets completely folded, it becomes necessary to bend only after complete exhalation. 3. One should bend downward as much as one's body permits and then try to stabilize at that point, keeping the breathing smooth. Do not try to raise the knees in order to get the forehead on to the knees. 4. After taking the position, relax the whole body and automatically the head, shoulder, chest will come down owing to their weight and relaxation. |
| Releasing | <ol style="list-style-type: none"> 1. Exhale, and inhaling, start raising the head. 2. Restore the hands to their place and take up the sitting position. |
| Duration | One finds it difficult to take up this Asana initially. But with practice and patience it can be maintained for thirty seconds. Later one certainly succeeds in having the final position and the duration is also increased to three minutes. |
| Internal Effects | <ol style="list-style-type: none"> 1. As the whole of the west side gets stretched, they get purified and their functioning is greatly improved. At the same time, the muscles of the front side get contracted and there is pressure on the lungs, intestines and other internal juice |

producing glands. As a result of this their functioning is also improved.

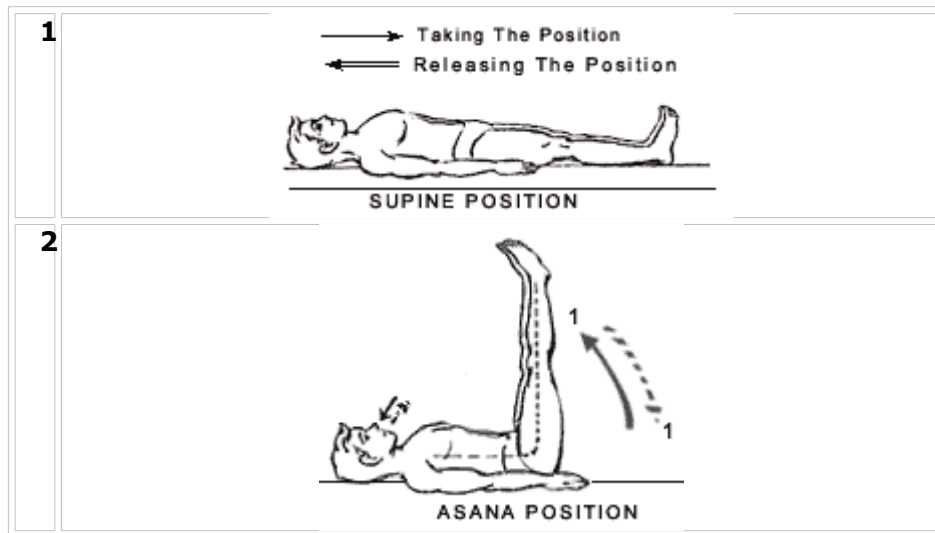
2. It is very useful in setting right the troubles concerning the lumber part of the spinal cord and the digestive system.

3. Further, there is very sensitive part in our body known as Kundalini lying in dormant stage. This Asana is supposed to activate it.

Precaution

It has been said that this Asana is useful for the troubles of the spine. Yet people suffering from such troubles should practice this Asana only after consulting some Yoga experts.

UTTANPADASANA (With Both Legs)



Posture

In this asana both the legs are raised upwards and so is called Dwipada(both legs) Uttanpadasana.

Pre position

Supine Position.

Procedure

1. Exhale and inhaling start raising both the legs upward and stop when they make angle of 90 degree with the floor.
2. Keep the sight at the toes of the feet.

3. Continue normal breathing and try to maintain the posture steady.

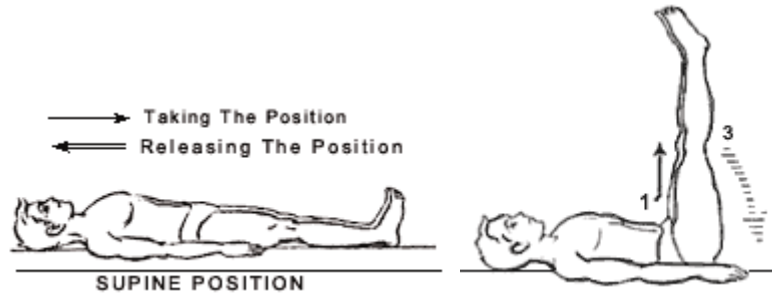
| | |
|--------------------------|---|
| Position | While raising the legs, it is necessary that the legs be kept straight and close together. Keep the toes together and stretched towards sky. |
| Releasing | Inhale and exhaling, bring both the legs down, back on to the floor. |
| Duration | Though this asana appears to be simple, it is difficult to maintain the posture. To start with try to maintain this for 5 to 10 seconds. Do not take unnecessary strain, if you feel uncomfortable then release the posture immediately. |
| Internal Effects | In this asana, thigh muscles and stomach muscles are stretched. The strain reaches inner organs like small intestines, enzyme producing glands and other organs and helps increase their capacity. The vertical position of the legs help improve the blood circulation. |
| Precaution | One should avoid movement of legs with jerk or speed. The movements should be controlled otherwise this asana can strain muscles. |
| Do's & Don'ts | <p>Do's</p> <ul style="list-style-type: none">- Raise both the legs at 90 degrees to ground keeping them straight in knees with toes pointing to the sky.- Keep the back & buttocks on the ground- Arms straight with palms resting on the ground close to the body.- Head straight and eye sight fixed on the raised toes. <p>Don'ts</p> <ul style="list-style-type: none">- Do not bend the legs in knees.- Do not lift the lower back or buttocks. |

Halasana, Plough pose

In this position the body looks like a traditional Indian plough pulled by bulls in the fields. Also by practicing this pose one ploughs the body like one digs the earth, making it loose and free.

Ha-LA-sana

Hala - plough



- Exhale and while inhaling slowly raise the legs to a 90 degree angle from the floor.



- Exhaling raise the waist and hips, taking the legs over the head, keeping them suspended above the ground.



- After exhaling fully, lower the leg further down and rest the toes on the floor. Keep the toes stretched and breathe normally.

The asana position:

In this position the toes rest on the floor, if there is enough flexibility, otherwise the toes are towards the floor, as far as is comfortable. If the toes reach the floor then try to place the toenails on the floor. Remember there should be no strain. The legs remain straight. If the knees are bent there is less pressure on the abdomen and less stretch into the legs, particularly the hamstrings. The arms should remain in the

same position, flat on the floor supporting the neck. The chin is pressed into the chest in the jalandhar bandha or chin lock.

Releasing the asana position:

- Exhale and inhaling lift the toes up from the floor, keeping the legs straight in the knees.
- Continue inhaling and slowly lower the spine back down to the ground, keeping the legs at a 90 degree angle with the floor.
- Exhaling slowly lower both legs back to the supine position.

Anatomical focus:

The neck region, thyroid glands in the throat region, shoulders, lowerback, hamstrings.

Awareness:

On the neck, Vishuddhi chakra, and Maniour chakra in the abdominal region.
Normal breathing focused on abdominal efforts.

Do:

- Keep the legs straight in knees with toes vertical on the ground over your head.
- Legs are in one straight line.
- As far as possible, the back remains straight and vertical.
- Arms straight with palms on the ground.
- Shoulders resting on the ground with shoulder blades taking most of the weight and less on the neck.
- The chin resting against the chest.

Don't:

- Bend the knees.
- Move the neck or overstrain it in the chin lock position.
- Move into this asana fast as a lot of stress is put onto the spine.

Benefits:

- Improves the tone and strength of the back muscles as the back is folded, as well as the leg muscles and abdominal muscles. It also removes the rigidity of the back muscles.
- Improves the working of the spinal nerves, putting pressure on the nerves in the neck region which are predominantly sympathetic.
- Improves the function of the thyroid, parathyroid and pituitary glands. All of the other endocrine glands are regulated by these main glands and so the overall function of the endocrine system is improved. This results in the improved functioning of all the systems of the body.
- Gives a complete stretch to the spine which increases its elasticity and overall functioning.
- Stretches the shoulders.
- Activates digestion and helps with constipation, improves the efficiency of all the abdominal organs such as the spleen, pancreas, liver and kidneys. The breathing movements of the diaphragm help to massage the abdominal organs.
- Activates the thyroid gland and thymus gland, stimulating metabolism and immunity.
- Calms the mind and reduces stress.
- Can induce states of pratyahara (sense withdrawal).

Benefits for Women

- Due to the compression of the pelvic area it improves the circulation and tone to the reproductive organs, increasing their efficiency.
- Can help to strengthen the lower back and sacral area, preventing lower back pain during menstruation.

Therapeutic applications:

Asthma
 Cough and cold
 Constipation
 Menstrual disorders

Precautions and Contra-indications:

- Should be avoided during pregnancy and menstruation, high blood pressure and brain diseases.
- Should be avoided if suffering from an enlarged thyroid, spleen or liver as well as cervical spondylitis, slipped disc, neck problems, headache and weak blood vessels in the eyes.

Duration:

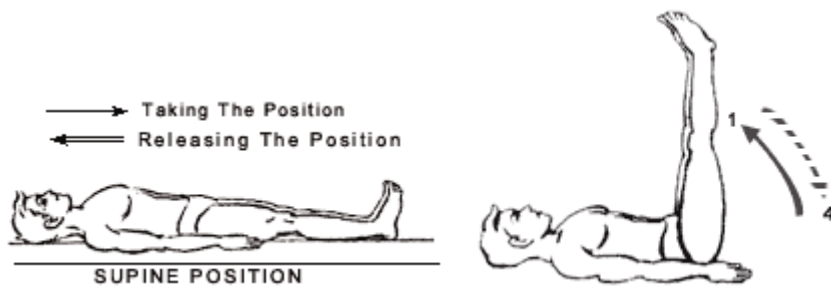
To begin with this pose can be a little difficult so start with a few repetitions of ten seconds at a time. When the body is used to this then the asana can be held for 30 seconds. After some time it can be maintained for up to 3 minutes.

SARVANGASANA - Shoulder Stand Pose

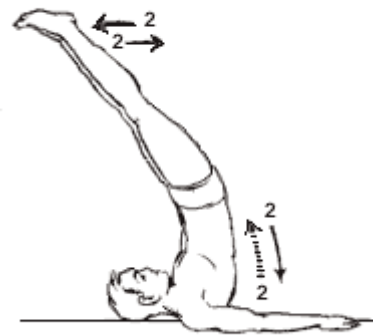
Sarvangasana is one of the best and most important asanas in Hatha Yoga. It has a huge amount of benefits which cover all the body systems.

(sar-vang-asana)

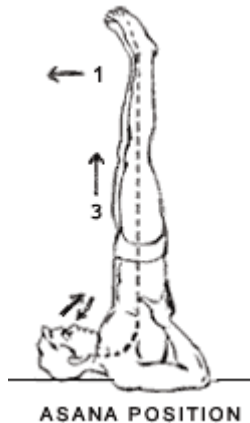
Sarva = Whole
 Anga = Body parts
 Asana = Posture



- Exhale and while inhaling, contract the abdomen and slowly raise both the legs to a 90 degree angle from the floor.



- Exhaling raise the waist and the hips from the floor and take the legs backwards over the head.



- Inhaling raise the back and the legs up into a vertical position, placing the hands on the upper back for support. The chin should rest against the chest, creating the chin lock. Fix the eyesight on the toes and maintaining the asana, continue normal breathing.

The asana position:

One should concentrate on getting the legs, waist and the back in one straight line and making this line 90 degrees with the ground. In this asana the arms up to the elbows are placed on the floor, shoulder width apart. The body from the feet to the shoulders is in a straight line. The chest is pushed forward and the chin is placed in the throat pit / jugular notch forming a tie which is called 'Jalandhar Bandha'. All the pressure is on the neck, shoulders and the back of the head. The hands are placed on the back ribs, the legs are straight and the feet are relaxed.

Releasing the asana position:

- Inhale and while exhaling bend in the waist and lower the legs over the head, releasing the hands from the upper back.
- Inhaling slowly lower the back to the floor, keeping the legs at a 90 degree angle from the floor. Here lower the back very slowly, vertebrae by vertebrae.
- Exhaling slowly lower both legs back to the supine position.

Anatomical focus:

Neck, shoulders, abdomen

Awareness:

Keeping the body in a straight line.

Remaining balanced.

Abdominal breathing.

The focus can also be on the throat and the thyroid.

Do:

- Keep the legs straight in knees with toes pointing to the sky.
- Try and keep the body in a straight line from the chest to the tips of the toes.
- Head straight and eye sight fixed on the toes.

- Make sure that the trunk is raised enough vertically so that the chin can comfortably rest against the chest.

Don't:

- Bend the knees.
- Move the neck or overstrain it in the chin lock position.
- Bring the legs over the head when in the asana position but don't keep them completely vertical if it causes tension.
- Raise the head from the floor.
- Tense the legs or point the feet as this contracts the legs and prevents drainage of blood.

Benefits:

- The Jalandhar Bandha improves the function of the thyroid, parathyroid and pituitary glands due to the increase oxygen and blood. All of the other endocrine glands are regulated by the pituitary gland and so the overall function of the endocrine system is improved. This results in the improved functioning of all other systems of the body and the reduction of emotional and mental stress .
- Stagnant blood from the lower regions of the body, i.e. legs and abdomen is drained to the heart thereby improving the supply of fresh blood to these parts and the whole circulatory system. Blood supply to the head area i.e. brain, eyes, ears, nose and throat is improved thereby improving their functioning. Therefore all of the pelvic and abdominal area circulation, ear, throat and nose ailments are improved.
- The lung capacity is increased as the diaphragm, which is the muscle of respiration, has to work against gravity in this posture, this helps in the abdominal respiration and is therefore helpful in the treatment of asthma. Toxins in the respiratory system are drained thereby improving the respiratory system.
- Prevents and cures varicose veins.
- Detoxification of the body due to improved efficiency of the organs of the body which leads to youthfulness and anti-ageing effects
- Normalizes body weight due to its effect on the thyroid.
- Due to the effect this asana has on the hormonal system, particularly the thyroid, it balances the circulatory, digestive, reproductive and nervous system.
- Due to the increased blood flow to the head the mind is tranquilized, stress and psychological disturbances are removed.
- The increased blood flow can be beneficial for those who suffer from headaches, though it should not be practiced at the time of headache.
- The thymus gland is stimulated which boosts the immune system.
- It balances the parathyroid glands which ensures regeneration and normal development of the bones.
- It releases the normal gravitational pressure from the anus muscles which helps with haemorrhoids.
- The nerves passing through the neck are toned and the neck flexibility is increased.
- The digestive system is greatly improved due to the increase in blood circulation and drainage of stagnant blood.
- The pranic flow is harmonized, increasing energy and having a positive effect on all the body systems.
- Sarvangasana has all the benefits of Shirshasana but is safer and easier to perform.

Benefits for women:

- It is beneficial for the reproductive system as there is fresh blood to the pelvic region as the stagnant blood is flushed from the organs and therefore increased efficiency of the reproductive organs.
- It strengthens the uterine ligaments as the gravity acting on the ligaments in Sarvangasan is in the opposite direction.
- It improves the functioning of the ovaries.
- It helps to balance the moods and calm the mind.

Therapeutic applications:

Thyroid disorders
 Asthma
 Reproductive problems
 Headache
 Haemorrhoids
 Varicose veins
 Prevention of cough and colds
 Diabetes

Precautions and Contra-indications:

- Should not be performed by people suffering from high blood pressure, heart conditions or brain diseases.
- Should be avoided during menstruation and pregnancy.
- Should be avoided if suffering from a very enlarged thyroid, enlarged spleen or liver as well as cervical spondylitis, slipped disc, headache and weak blood vessels in the eyes.

Duration:

This asana is difficult in the beginning especially for women with heavy hips and men with big bellies. This asana should be maintained for 3 minutes after sufficient practice to get the desired results.

Variations and tips:

- One may need a folded blanket under the neck and shoulders for support.
- For some beginners it may be difficult to raise the legs straight. If so then one can bend the knees a little while taking the position and then straighten out the legs. Some can take help of the wall to raise the legs.
- If there is tension in the back or neck then the feet can be slightly tilted over the head like inverted pose or viparit karani.

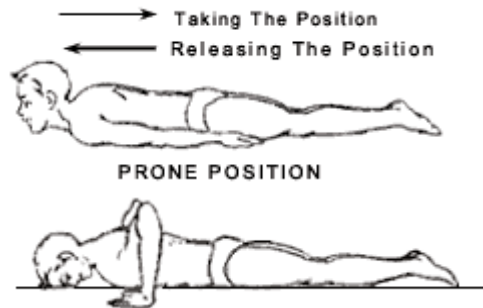
Bhujangasana, Cobra pose

Cobra pose is one of the very powerful backward bending asana in Hatha Yoga. It has a huge amount of benefits which cover all the body systems.

(Bhu-JAN-ga-asana)

- Saral – straight
- Hasta – arm
- Bhujanga – cobra

In this position the body takes the position of cobra, raising its body and preparing to strike.



- Bring both the hands near the chest and place the palms on the ground with the fingers together pointing forward and thumbs pointed towards the body. The elbows should be raised towards the ceiling close to the body. Place the forehead on the ground.



- **ASANA POSITION**
- While inhaling slowly raise the forehead, bend the neck backwards and then slowly raising the shoulders, chest and abdomen from the ground until the arms are straight, very slowly, vertebrae by vertebrae, stretching backwards. Continue to maintain the asana, breathing normally.

The asana position:

In this position the pressure is felt on the arms and hands as well as the lower back. Over time this pressure can gradually be placed more on to the lower back. One should try to raise the body up with the help of the spine. Once the final position is attained the arms are straight, the chest is forward and open, the shoulders and neck are back and the heels are together. The neck is compressed and the throat is stretched. The facial muscles should be relaxed. The breathing should be normal.

Releasing the asana position:

Inhale and while exhaling slower lower the abdomen, chest and finally the forehead on the ground using the support of the arms. Place the chin on the floor and return the arms back to the prone position.

Anatomical focus:

The lower back and stretch on the front side of the body.

Awareness:

The arch of the back, relaxing the lower back and normal breathing. Also on abdomen and chest while breathing in a relaxed way through chest.

Do:

Try and keep the arms straight, palms on the ground.
 Try and keep the knees and ankles together, toes pointed.
 Gaze towards the ceiling.
 You can lift the hips and thighs if the back is not flexible.

Open the chest; pull the shoulders backwards and downwards.
Relax the lowerback and raise the hips if you experience pain in lowerback.

Don't:

Have any distance between the legs.
Let the shoulders hunch upwards towards the ears.

Benefits:

- Helps to remove backache and neck ache as well as keeping the spine supple and healthy. By arching the spine blood circulation is increased to that region toning the nerves along the spinal column and improving the communication between the brain and the rest of the body.
- The pressure on the abdomen is also beneficial to the abdominal organs and in particular the digestive organs, it stimulates the appetite, relieves flatulence and constipation.
- Tones the kidneys which help with purification of blood, removing any stagnant blood and improving the health of the whole body.
- Strengthens the adrenal glands which is responsible for secretions of adrenaline, cortisol and other stress hormones, the balancing effect on the hormone secretions is the benefit of asanas.
- Tones the liver, making it beneficial for those with a sluggish liver.
- Helps the functioning of thyroid gland, which is responsible for metabolic activities.
- Expands and opens the chest which encourages deep breathing as well as helping to correct rounded shoulders.
- Useful for slipped disc and sciatica as it relieves the pain and can also relocate the slipped disc.
- In normal day-to-day life we do a lot of forward bending but not much backward bending, therefore it is good to practice for a healthy back and to give general balance to the body.

Benefits for Women:

- Tones the ovaries and the uterus and helps to alleviate gynaecological disorders such as leucorrhoea (irregular vaginal discharge due to an imbalance in oestrogen), dysmenorrhoea (painful menstruation) and amenorrhoea (absent menstruation).

Therapeutic applications:

Back ache
Neck pain
Gynaecological disorders
Anorexia
Flatulence
Constipation
Sluggish liver
Impure blood
Stress
Slipped disc

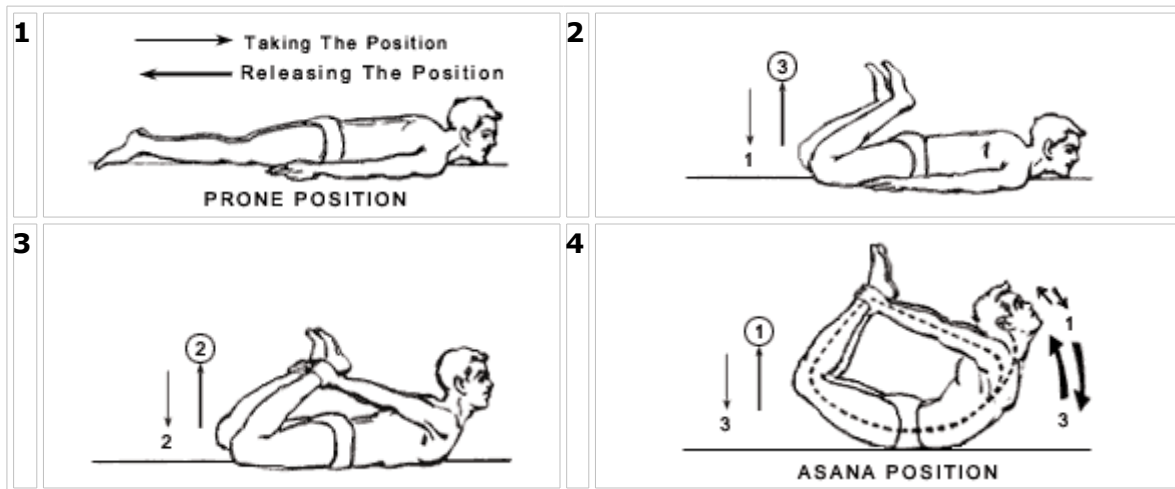
Precautions and Contra-indications:

Should not be practiced by those with severe problems of the spine, stomach ulcers, hernias or pregnant women.

It should be practiced with care for those with stiff backs and for those who are menstruating. Also not recommended for people with heart diseases. Should not be practiced by those who have undergone surgeries of spine, brain, abdomen, heart and lungs.

Duration:

To begin with this asana should be held for 5 to ten seconds. It can be repeated 3 to 5 times, depending on the individual's capacity. With practice the number of repetitions can be increased. At this point reduce the number of repetitions but increase the time. Gradually increase the time to 1 minute. After more practice the time can be increased up to 3 to 5 minutes.

DHANURASANA

| | |
|---------------------|--|
| Posture | The body takes the shape of Bow and therefore it is called Dhanu (Bow in Sanskrit) asana. As the bow is strained during the archery, the whole body is stretched during this asana posture. |
| Pre position | Prone Position. |
| Procedure | <ol style="list-style-type: none"> 1. Bend both the legs in knees and keep them 6 to 8 inches apart from each other. 2. Catch both the legs firmly near the ankles. 3. Exhale & inhaling pull the legs upward with the hands, allow the body to be stretched in a curve, push the neck backwards. |
| Position | After taking the final position, try to raise the thighs up from ground along with shoulders and chest. Push the neck backwards as much as possible. |
| Releasing | <ol style="list-style-type: none"> 1. Inhale and exhaling bring both the knees, chin and shoulders slowly on the ground. 2. Leave the ankles and bring the hands beside the body. 3. Straighten the bent legs and bring them as in the prone |

| | |
|-------------------------|---|
| | position. |
| Duration | Initially practice it for 5 to 10 second. After practicing it for few days you can increase the repetitions, once you are able to do 5 repetitions easily then reduce repetitions and increase the time up to 1 min. |
| Internal Effects | This asana is a combination of both Bhujangasana and Shalabhasana and can deliver benefits of both the asanas. Mainly the weight is taken by the abdomen. This has favorable effect on enzyme producing organs, liver, pancreas, small intestine and big intestine. As a result of this the concerned organs become more active and efficient. Also the blood circulation in arms and legs is improved. |
| Precaution | People suffering from Back problems, TB in intestine, ulcer in stomach, harnia should consult Yoga expert before practicing this asana. Jerks and unbearable strains should be avoided. People suffering from Abdomen problems should not do this asana without consulting Yoga expert. |

Sun Salutation - Surya Namaskar Yoga Exercise

Surya Namaskar:



It is considered as the best exercise for human body. Surya Namaskar consists of important [Yogasanas](#) and Pranayama. The [Pranayama](#) and thus its advantages are skillfully incorporated in Surya Namaskar. The [Mantras](#) (Bija Mantras), which are chanted before practicing are also very useful.

In all this Surya Namaskar is an appreciated exercise among people of all ages from kids to old age people. Surya Namaskar or Sun Salutation is the best way to burn the calories and reduce weight. It is often recommended for obesity.

In all one Namaskar includes 10 different positions, they are :

| Position Description | Diagram / Position Graphic | Breathing |
|--|----------------------------|----------------------|
| <p>Position 1:</p> <p>Inhale and maintain the position as shown in figure in standing position with hands joined together near chest, feet together and toes touching each other.</p> | | <p>INHALE</p> |

Position 2:

Exhale and bend forward in the waist till palms touch the ground in line with the toes. Don't bend knees while performing. At first you may find it difficult to attain the ideal position but try to bend as much as possible without bending in knees.

Do's

- While exhaling bend forward in the waist
- Palms touching the ground, fingers pointing forward, thumbs at 90 degree angle
- Legs straight
- Try to touch the forehead to the knees
- Relax the neck

Don'ts

- Do not bend the knees.
- Do not keep the neck tense.

Position 3:

Inhale and take the left leg back with left toes on the floor, press the waist downwards and raise the neck, stretch the chest forward and push shoulders backwards. Keep the right leg and both the hands in the same position. Keep the right leg folded.

Dos

- Take the left leg backwards and touch the knee to the floor, keeping the toes erect.
- The knee of the right leg will be bent
- The knee of the left leg should touch the ground
- Drop the waist/ hips towards the floor
- Gaze is upwards, both arms are straight

Don'ts

- Do not bend the neck forward.
- Do not bend the elbows.



EXHALE



INHALE

Position 4:

Hold the breath and raise the knee of left leg. Take the right leg backwards and keep it close to the left leg. Straighten both the legs and both hands. Keep the neck straight and site fixed. Keep both the toes erect. Take care that the neck, spine, thighs and the feet are in a straight line.

Dos

- Take the right leg back and place it beside the left leg, keeping the toes erect
- Keep the body in one straight line – plank position
- Keep the arms straight
- Gaze forward

Don'ts

- Do not bend the arms
- Do not look towards the floor
- Do not drop the hips/waist towards the floor
- Do not stick the buttocks into the air
- Do not bend the knees

Position 5:

Exhaling bend both the hands in elbows and touch forehead on the ground, touch the knees on the ground, keep both the elbows close to chest. The forehead, chest, both the palms, both the toes, knees should touch the ground and rest of the body not touching the floor. Since only eight parts rest on the ground , it is called 'Ashtanga' position.

Dos

- Bring the body towards the floor placing the 8 parts on the floor: Toes, knees, chest, palms, and forehead
- Keep the hands close to the body, next to the shoulders
- Keep the elbows pointed to the sky and close in to the body

Don'ts

- Do not touch the thighs, hips, waist or abdomen to the floor
- Do not touch the chin to the floor
- Do not let the elbows fall away from the body



**HOLD THE
BREATH**



EXHALE

Position 6:

Inhale and straighten the elbows, stretch the shoulders upwards, press the waist downwards but don't bend the arms. Keep the knees and toes on the floor. Push the neck backwards and sit upwards.

Dos

- Push the upper body upwards so that the arms are straight
- Keep the fingers pointed forwards, palms on the ground, thumbs at 90 degree angle
- Open the chest, pull the shoulders downwards
- Drop the head and neck backwards and gaze upwards towards the sky
- Keep the heels, legs and knees together
- Keep the toes erect

Don'ts

- Do not let the legs or heels be apart
- Do not bend the elbows
- Do not hunch the shoulders towards the ears



INHALE

Position 7:

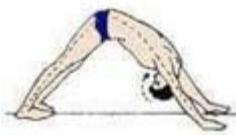
Hold the breath, bend the neck downwards and press the chin in the throat, push the body backwards and touch the heels on the ground, raise the waist upwards, do not move the palms on the floor.

Dos

- Push the body upward so the buttocks and waist are raised into the air, leaving the body in an Inverted 'V' position
- Take the head and chin towards the chest
- Try to touch the heels to the floor

Don'ts

- Do not bend the legs in the knees
- Do not bend the arms



HOLD THE BREATH

Position 8:

Hold the breath as in position 7, bring the right leg in the front and place it in between the hands like in position 3 but instead of left leg in the front here take right leg and place left leg in the back with left knee and toes on the ground.

Do's

- Take the right leg forward and place it between the hands
- The knee of the right leg will be bent
- The knee of the left leg should touch the ground
- Drop the waist/ hips towards the floor
- Gaze is upwards, both arms are straight

Don'ts

- Do not bend the neck forward.
- Do not bend the elbows.

Position 9:

Exhale and bring the left leg forwards as in the position 2 and place it in between both the arms.

Do's

- Take the left leg forward and place it beside the right
- Palms touching the ground, fingers pointing forward, thumbs at 90 degree angle
- Legs straight
- Try to touch the forehead to the knees
- Relax the neck

Don'ts

- Do not bend the knees.
- Do not keep the neck tense.

Position 10:

Inhaling start getting up and attain the position as in position 1.



HOLD THE BREATH



EXHALE



INHALE

