

STANDING ASANAS

Natrajasana - (Dancing Shiva Pose)



Technique: Stand with the feet together and focus on a fixed point.

Bend the right knee and grasp the ankle with the right hand behind the body. Slowly raise and stretch the right leg backward, as high as comfortable.

Bringing the tip of the index finger and thumb of the left hand together to form jnana mudra. Focus the gaze on the left hand.

This is the final position. Hold the position for as long as is comfortable. relax, and then repeat with the left leg.

Benefits:

- ✓ This asana strengthens the back, shoulders, arms, hips and legs.
- ✓ It helps develop a sense of balance and coordination and improves concentration.

Limitation:

- ✓ People who suffer from a weak heart, high blood pressure, back problems, hernia should not practice this asana.