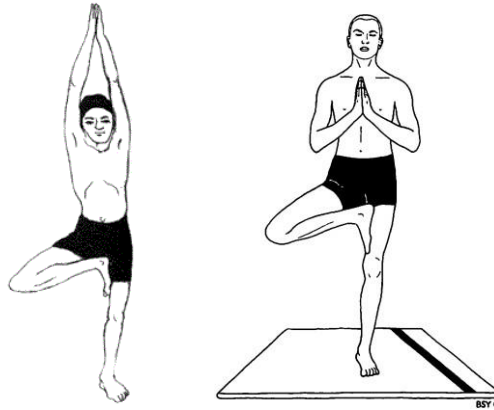


STANDING ASANAS

Vriksasana (One Leg Tree Pose)



Technique: Stand erect with legs together, hands by the sides, gaze on a fixed point at eye level.

Fold your right leg at the knee and place the sole near left thigh joint.

To focus better you can concentrate on the ajna chakra.

Inhale bring both the hands up in Namaskar Mudra and exhale bring the both hands in prayer position near your chest stay there for some time breathe normally then inhale take both hands up and exhaling bring the hands down and lower the leg.

Repeat all over on the other leg.

Remember

- ✓ Stand erect. Folded knee should point side-ways.
- ✓ This is balancing pose. Release the pose when you feel you are losing balance.

Benefits: This improves body –mind co-ordination, thigh and calf muscles are strengthened. Develops balance.

Limitation: It is recommended to take support of the wall for people having limited mobility, and to avoid in case of dizziness.