

STANDING ASANAS

Anjaneyasana - (Monkey God Pose)



Technique: Stay in veerabhadrasana keep your right leg forward and bend the knee.

Inhale to raise and join hands above the head and left knee touching the floor

Stay there for some time then inhale and come to veerabhadrasana position and repeat on other side.

Benefits

- ✓ Strengthens the quadriceps and gluteus muscles
- ✓ Stretches the hips
- ✓ Relieve sciatica pain
- ✓ Expand your chest, lungs and shoulders
- ✓ Develop stamina and endurance in your thighs
- ✓ Improves your balance, concentration and core awareness

Limitation

- ✓ High blood pressure
- ✓ Knee injuries
- ✓ Those with shoulder problems should not raise their arms above their head, instead placing their hands on their front thigh