

## SITTING ASANAS

### *Janu Shirshasana (Head to Knee Forward Bend)*



**Technique:** Sit on the floor in dandasana then fold the left leg.

Inhale to raise hands and exhaling bend forward.

Stay there for 15 to 20 seconds normal breathing then inhale to raise back to the starting position. Repeat on other side also.

#### **Benefits:**

- ✓ This asana stretches the hamstring muscles and increases flexibility in the hip joints.
- ✓ It tones and massages the entire abdominal and pelvic region, including the liver, pancreas, spleen, uro-genital system, kidneys and adrenal glands.
- ✓ It helps to remove excess weight in this area and stimulates circulation to the nerves and muscles of the spine.

#### **Limitation:**

- ✓ People who suffer from slipped disc, sciatica or hernia should not practice this asana.