

SITTING ASANAS

Mandukasana (Frog Pose)



Technique: Sit in vajrasana pose. Keep your back, neck and head in a straight line. Make fists of both your hands.

Touch both the thumbs together and place this joint of thumbs on your navel.

Both of your fists are pressed against your abdomen when you bend forwards.

While inhaling come back to original position of vajra asana.

Benefits:

- ✓ Exercises pancreas and cures diabetes.
- ✓ This asana provides good exercise for heart.

Limitation:

- ✓ Knee issues people has to be careful