

SUPINE ASANAS

Padotthanasana (One Leg Raise)



Technique: Lie in the starting position with the palms flat on the floor. Inhale and raise the right leg as high as is comfortable, keeping it straight and the foot relaxed.

The left leg should remain straight and in contact with the floor. Hold the posture for 3 to 5 seconds while retaining the breath.

Exhale and slowly lower the leg to the floor.

This is one round. Practice 10 rounds with the right leg and then 10 rounds with the left leg.

If the back is weak, the left leg can be folded up that the foot is flat on the floor and the knee is facing up.

Remember

- ✓ High pressure and stretch is felt on the lower abdomen, hence, practice according to capacity.
- ✓ In the beginning take help of hands to raise the legs.
- ✓ While raising the legs don't bend at the knees.

Benefits:

- ✓ This asana is very beneficial for those suffering from, diabetes, constipation, and excess fat around the belly.

Limitation:

- ✓ People suffering from lumbar spondylitis and muscles pull should not practice.