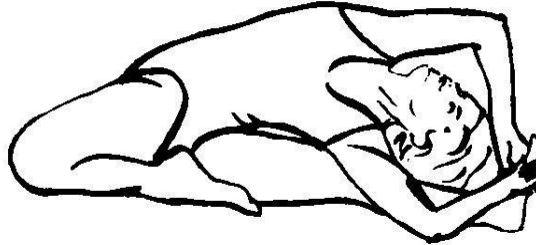


## SITTING ASANAS

### *Parivrita Janu Shirasana (Revolved Head to Knee Forward Bend)*



**Technique:** Sit in dandasana, then stretch the right leg to the side at right angles to your body. Now fold the left leg in.

Slowly bend side-ways in line to the right leg and simultaneously twist the torso to look up.

Use both hands to hold the leg at a convenient point, maintaining the lateral stretch. Repeat on other side too.

### **Benefits**

- ✓ Stretches the spine, shoulders, and hamstrings
- ✓ Stimulates abdominal organs such as the liver and kidneys
- ✓ Improves digestion

### **Limitation:**

- ✓ Person shouldn't do this asana if having Diarrhea