

STANDING ASANAS

Parivrita Trikonasana (Revolved Triangle Pose)



Technique: Stand erect with the feet more than shoulder width apart and Inhale raise the arms sideways to shoulder level. This is the starting position.

Twist the trunk to the left, bringing the right hand down to the left foot. The left arm should be stretched vertically so that both arms form a straight line. Look up at the left hand.

Hold the final position for a few seconds, feeling the twist and stretch of the back.

Inhale Raise the body to the starting position, keeping the arms outstretched to the sides.

Exhale hand down. Repeat on the other side.

Benefits:

- ✓ This series affects the muscles on the sides of the trunk, the waist and the back of the legs.
- ✓ Improves blood flow to chest and neck region.
- ✓ It stimulates the nervous system and alleviates nervous depression.
- ✓ It improves digestion. It also strengthens the pelvic area and tones the reproductive organs.
- ✓ Regular practice will help to reduce waistline fat.

Limitation:

- ✓ People with spine problems, heart problems and hypertension should avoid this asana.