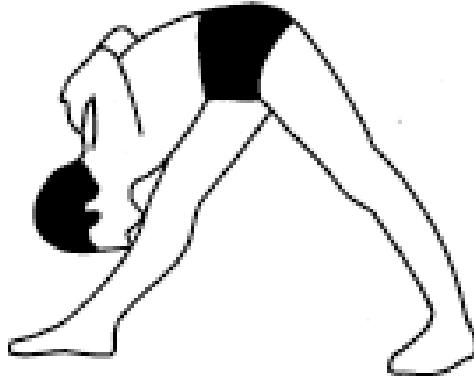


STANDING ASANAS

Parsvottanasana - (Intense Side Stretch Pose)



Technique: Stand with feet about 4 feet apart in a straight line.

Turn the right foot side ways, fold hands behind back and slowly bend the back to look towards the right knee.

Return and repeat on other side.

Benefits

- ✓ Calm the brain
- ✓ Stretches the spine, shoulders and wrists (in the full pose), hips, and hamstrings
- ✓ Strengthens the legs
- ✓ Stimulates the abdominal organs
- ✓ Improves posture and sense of balance
- ✓ Improves digestion

Limitation:

- ✓ Back injury or high blood pressure.