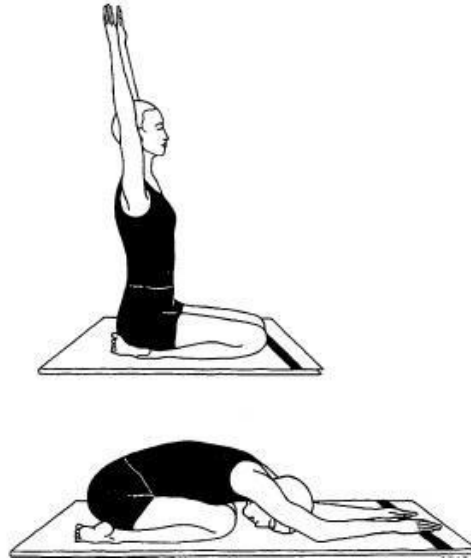


## SITTING ASANAS

### *Shashankasana (Moon Pose Or Hare Pose)*



**Technique:** Sit in vajrasana, placing the palms on the thighs just above the knees. Close the eyes and relax, keeping the spine and head straight.

While inhaling, raise the arms above the head, keeping them straight and shoulder width apart.

Exhale while bending the trunk forward from the hips, keeping the arms and head straight and in line with the trunk.

The hands and forehead should rest on the floor in front of the knees. If possible, the arms and forehead should touch the floor at the same time. Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor. Retain the breath for up to 5 seconds in the final position.

Then inhale and slowly raise the arms and trunk to the vertical position. Keep the arms and head in line with the trunk. Breathe out while lowering the hands to the knees.

## Benefits

- ✓ This asana stretches and strengthens the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs.
- ✓ It also regulates the functioning of the adrenal glands.
- ✓ It tones the pelvic muscles and the sciatic nerves and is beneficial for both the male and female reproductive organs.
- ✓ Regular practice relieves constipation.

## Limitation:

- ✓ Not to be performed by people with knee problems, high blood pressure, slipped disc or those who suffer from vertigo.