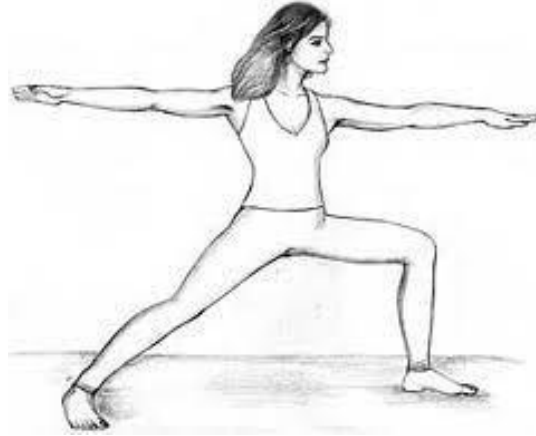


STANDING ASANAS

Virabhadrasana (Warrior Pose)



Technique: Stand in Samasthithi, stand with feet wide apart and hands stretched out at shoulder level.

Turn the right foot outwards, now bend the knee sideways and lower the knee as much as possible.

Hold on for some time and release. Repeat on the other side.

Physical Benefits

- ✓ Stretches and opens the chest
- ✓ Strengthens the legs and ankles
- ✓ Relieves tension in the neck and strengthens and tones the shoulders
- ✓ Tones the abdomen and waist
- ✓ Brings strength and vigour to the back, pelvic region and spinal column
- ✓ Relieves backaches, especially through second trimester of pregnancy
- ✓ Therapeutic for, flat feet, osteoporosis, and sciatica

Limitation:

- ✓ Diarrhea
- ✓ High blood pressure
- ✓ Neck problems: Don't turn your head to look over the front hand; continue to look straight ahead with both sides of the neck lengthened evenly.