

STANDING ASANAS

Garudasana - (Eagle Pose)



Technique: Standing position and focus the gaze on a fixed spot.

Bend the right leg and twist it around the left leg.

Bend the elbows and bring them in front of the chest.

Twist the forearms around each other with the left elbow remaining below.

Keep the eyes focused on the fixed point. Hold the final position for as long as is comfortable.

Benefits:

- ✓ Garudasana improves concentration
- ✓ strengthens the muscles
- ✓ loosens the joints of the shoulders, arms and legs
- ✓ is good for the upper back

Limitation:

- ✓ Anyone with severe knee, ankle & wrist pain should avoid