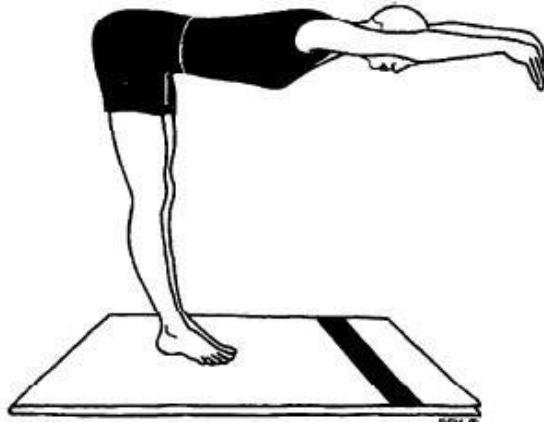


STANDING ASANAS

Samakonasana - (Right Angle Pose)



Technique: Stand with the feet together and the arms by the sides. Raise the arms straight up above the head. Bend the wrists so that the fingers are pointing forward. Allow the hands to hang limp.

Arch the back slightly, pushing the buttocks out a little. Slowly bend forward at the hips, keeping the legs straight, until the back is horizontal and forms a right angle with the legs. Keep the head, neck and spine in a straight line.

Hold the final position for up to 5 seconds. Slowly return to the upright position, with the arms, head and back in a straight line. Lower the arms.

Benefits

- ✓ This asana works specifically on the shoulders and the back directly behind the chest. It rectifies tension and poor posture.

Limitation

- ✓ This asana should not be practiced by those suffering from acute sciatica.
- ✓ To avoid strain, people with backache should take care to bend from the hips and not from the waist.