

## STANDING ASANAS

### *Tadasana (Palm Tree Pose)*



**Technique:** Stand erect, legs together, hands by the side of the body, gaze in front.

Raise your hands straight in front up to arms. Palms facing each other.

Breathing in raise hands above the head while simultaneously raising the heels and balancing on the toes.

While returning to the original position, brings your heels on the ground first. Then bring the hands down.

#### **Remember**

- ✓ This is a balancing pose, stretch out slowly, taking care not to lose balance.
- ✓ To balance better, stand with feet slightly apart.

#### **Benefits:**

- ✓ This asana develops physical and mental balance.
- ✓ The entire spine is stretched and loosened, helping to clear up congestion of the spinal nerves at the points where they emerge from the spinal column.
- ✓ Spine becomes flexible, and the back is strengthened gently.

**Limitations:** People with vertigo, High Blood Pressure and low blood pressure should not practice this pose.