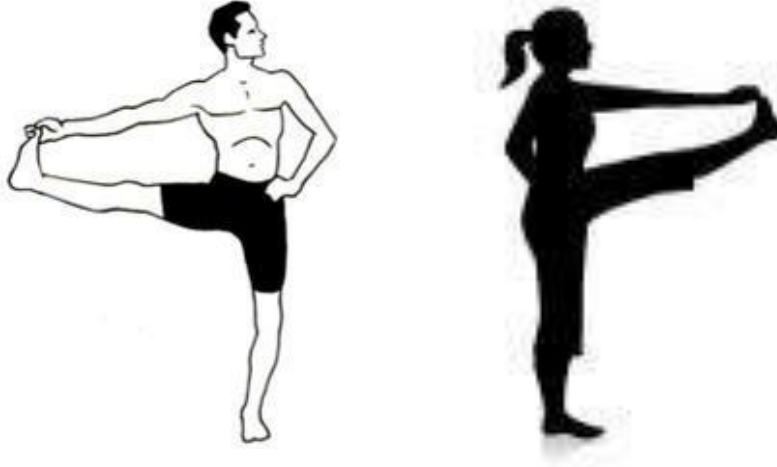


STANDING ASANAS

Utthita Hasta Padangustasana - (Lifted Hand Big Toe)



Technique: Stand upright with the feet together and relax the whole body.

Focus the gaze on a fixed point. Bend the right knee, bringing the thigh as close as possible to the chest. Place the right arm around the outside of the bent leg and take hold of the big toe.

Straighten the right leg in front of the body, and then slowly pull it up closer to the body. Do not strain the leg muscles. Hold the final position for as long as is comfortable.

Bend the knee, release the toe and slowly lower the foot to the floor. Relax the arms. Repeat on the other side.

Benefits:

- ✓ Improves concentration and coordinates muscular and nervous balance.
- ✓ The hips and leg muscles are strengthened and toned, and the hamstrings are stretched, helping the knee and ankle joints.

Limitation:

- ✓ This asana should not be practiced by people with sciatica or hip complaints.