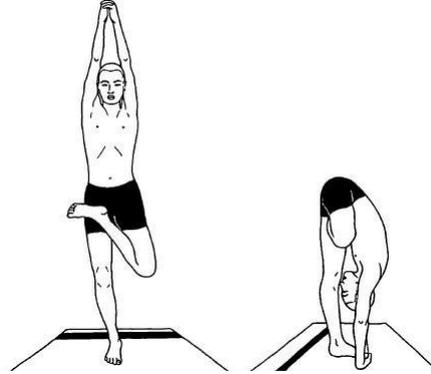


STANDING ASANAS

Ardha Baddha Padmottanasana - (Half Lotus Forward Bending)



Technique: Stand with the feet together. Focus the gaze on a fixed point. While balancing on the left leg, bend the right knee and place the foot as high as possible on the left thigh, in the half lotus position.

Raise the arms above the head and interlock the fingers, palms down. The elbows should be straight. Relax and steady the whole body. This is the starting position.

Slowly bend forward, keeping the arms straight. Bring the interlocked fingers down to the left foot or place the palms of the hands flat on the floor.

Bring the forehead to the left knee. Hold the final position for as long as is comfortable. Slowly raise the torso and arms to the starting position with the hands above the head.

Lower the arms beside the body and release the right leg. Close the eyes and relax in the standing position with both feet on the floor. Repeat on the other side.

Benefits

- ✓ This asana stimulates digestion, removes constipation.
- ✓ Improves blood circulation and strengthens the legs.

Limitation:

- ✓ People with sciatica, slipped disc, hernia, weak legs or high blood pressure should not practice this asana.