

STANDING ASANAS

Ardha Chandrasana - (Half Moon Pose)



Technique: Perform Trikonasana to the right side, exhale bend your right hand and place it on the floor and the left leg raised.

The left hand straight parallel to right hand. Stay there for some time, then inhale and come back to trikonasana then repeat on other side.

Benefits

- ✓ Strengthens the abdomen, ankles, thighs, buttocks, and spine
- ✓ Stretches the groins, hamstrings and calves, shoulders, chest, and spine
- ✓ Improves coordination and sense of balance
- ✓ Helps relieve stress
- ✓ Improves digestion

Limitation

- ✓ If you have any neck problems, don't turn your head to look upward; continue looking straight ahead and keep both sides of the neck evenly long.
- ✓ Headache or migraine
- ✓ Low blood pressure
- ✓ Diarrhea
- ✓ Insomnia