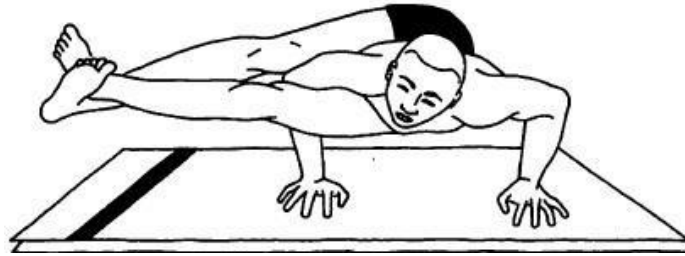


ADVANCED ASANAS

Astavakrasana (Eight-Twists Pose)



Technique: Stand with the feet about half a meter apart. Bend the knees.

Place the right palm on the floor between the feet and the left palm a little in front of the left foot. Place the right leg above the right arm, resting the thigh on the back of the upper right arm, just above the elbow. Bring the left foot forward between the arms so that it lies close to the right foot. Lift both legs from the floor and interlock them by placing the left foot on the right ankle. Stretch both legs to the right side.

Be sure that the right arm is between the thighs. The right elbow should be slightly bent below the thighs. The left upper arm should be straight. Balance on the arms. Bend the elbows, lower the trunk and head until they are parallel to the floor. This is the final position. Hold the position for as long as is comfortable.

Straighten the arms and raise the trunk. Release the legs and lower them to the floor. Return to the starting position. Repeat on the opposite side.

Benefits

- ✓ This asana develops nervous control throughout the body and mind.
- ✓ It reverses the flow of apana, directing the energy towards manipura chakra, helping to maintain brahmacharya, 'celibacy'.
- ✓ It strengthens the wrists, the arm and leg muscles, and the muscles of the abdomen.

Limitation:

- ✓ This pose should not be attempted until the arms and shoulders have become very strong.
- ✓ People with heart ailments, high blood pressure, back conditions or problems in the hips should not practice this asana