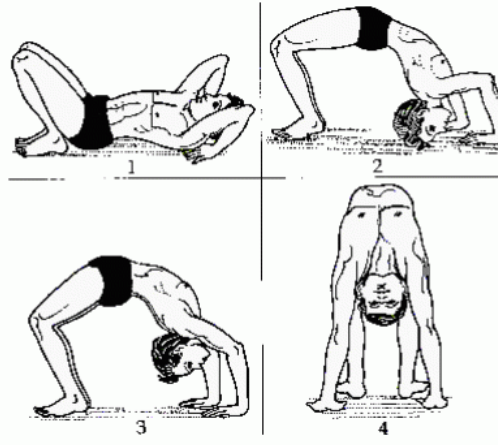


INVERTED ASANAS

Chakrasana (Wheel Pose)



Technique: To practice chakrasana safely. Lie on your back with the legs folded up, knees facing up and feet at body width.

Now raise hands to turn palms down and position them beside your head next to ears.

Taking a deep breath push upwards extending the legs and hands completely. The head is tilted back and the entire body is raised above the floor resting only on the feet and palms to assume the shape of an arch.

Hold for some time and slowly lower the body to lie down and relax.

Benefits

- ✓ The more obvious physical benefits are those that derive from the stretching action.
- ✓ It stretches the lungs and chest, while strengthening the muscles of the buttocks, legs, calves, wrists, arms, and spine.
- ✓ It also strengthens and tones the muscles of the abdominal region and helps regulate the digestive function.
- ✓ It acts as a natural stimulant for the thyroid and pituitary glands.
- ✓ It helps re-energize you and is invigorating, and stimulating. It helps counteract depression.
- ✓ This pose has therapeutic value and is recommended for back pain, infertility, asthma, and osteoporosis.

Limitation:

- ✓ Chakrasana should not be practiced by people with any illness, weak wrists, weak back, during pregnancy or when feeling generally tired.