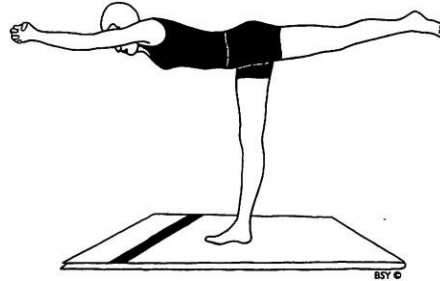


## STANDING ASANAS

### *Eka Padasana - (One Foot Pose)*



**Technique:** Stay in veerabhadrasana. Raise the arms directly above the head and interlock the fingers with the palms together.

Bend forward slowly from the hips, keeping the trunk, head and arms in a straight line and transferring the weight onto the right leg.

Simultaneously raise the left leg straight back, keeping it in line with the trunk. The body should pivot from the right hip joint.

In the final position the left leg, trunk, head and arms are all in one straight, horizontal line. The right leg is straight and vertical. Focus the gaze on the hands.

Hold the final position for as long as is comfortable. Slowly lower the arms and return to the starting position. Repeat on other side also.

### **Benefits**

- ✓ This asana strengthens the arms, wrists, back, hips and leg muscles.
- ✓ It helps to develop muscular coordination, nervous balance and concentration.

### **Limitation:**

- ✓ People with lower back problems, heart problems or high blood pressure should not do this asana.