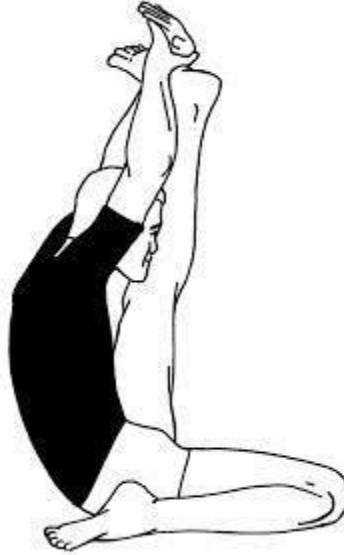


## SITTING ASANAS

### *Krounchasana (Heron Pose)*



**Technique:** Begin by sitting in Dandsana. Now fold the left leg backwards as in preparation for the hero pose.

Keep the right leg extended straight in front of you.

Now slowly bend forward with extended arms and grasp the right foot firmly.

Inhale and raise the leg in a straight line taking care not to lose balance.

Hold for a few breaths. Return and repeat on the other side.

#### **Benefits:**

- ✓ This asana renders the hamstring muscles and hip joints flexible.
- ✓ It tones the adrenals and reproductive system.

#### **Limitation:**

- ✓ People with back complaints or a displaced coccyx should not practice this asana.