

## ADVANCED ASANAS

### *Pada Angushtasana (Tiptoe Pose)*



**Technique:** Squat, with the gaze focused on a fixed point. Raise the heels and balance on the tiptoes.

Allow the knees to come forward slightly so that the thighs are horizontal.

Adjust the heel of the left foot so that it presses against the perineum.

Transfer the weight onto the left foot and place the right foot on top of the left thigh, turning the sole upward.

Balance the whole body and then place the palms together in front of the chest. Stay in this final position for as long as is comfortable.

Return the right foot to the floor. Relax for a short time and repeat on the other side.

### **Benefits**

- ✓ This asana helps to maintain brahmacharya and regulates the reproductive system.
- ✓ It strengthens the toes and ankles. Concentration is improved.

### **Limitation:**

- ✓ People with sciatica, slipped disc, ankle or knee problems should not practice this asana.