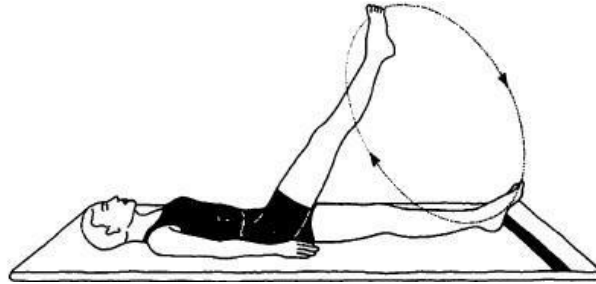


SUPINE ASANAS

Padachakrasana (Leg Rotation)



Technique: Lie in the starting position and relax. Raise the right leg 5 cm from the ground, keeping the knee straight.

Rotate the entire leg clockwise 10 times in as large a circle as comfortable. The heel should not touch the floor at any time during the rotation.

Rotate 10 times anti-clockwise. Repeat with the left leg, first clockwise, then anti-clockwise.

Do not strain. Rest and practice abdominal breathing until the respiration returns to normal.

Benefits:

- ✓ Good for the hip joints, obesity, toning of the abdominal and spinal muscles.

Limitation:

- ✓ Not to be performed by persons suffering from high blood pressure or serious back conditions such as sciatica and slipped disc.