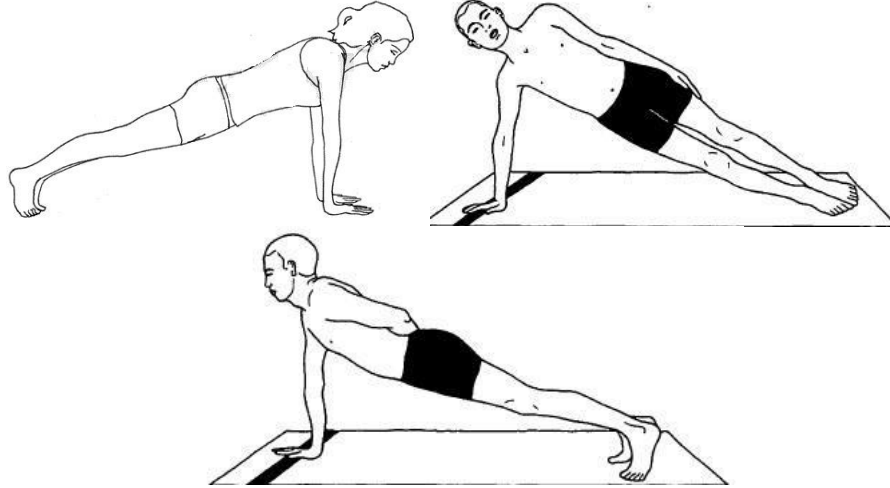


SITTING ASANAS

Santholanasana (Plank Pose) With Variations



Technique: Come into the starting position of marjari-asana.

Fix the toes on the ground. Straighten the knees, move the shoulders forward and drop the buttocks until the body is straight. The arms should be vertical. Focus the gaze on a fixed point in front.

Hold the final position for a short duration.

Lower the knees to the floor. Relax in marjari-asana or shashankasana.

Benefits

- ✓ Strengthens the arms, wrists, and spine
- ✓ Tones the abdomen

Limitation

- ✓ Do not practice the full version of the pose if you have carpal tunnel syndrome.
- ✓ Those with osteoporosis should also avoid Plank Pose due to risk of fractures.
- ✓ Always work within your own range of limits and abilities.