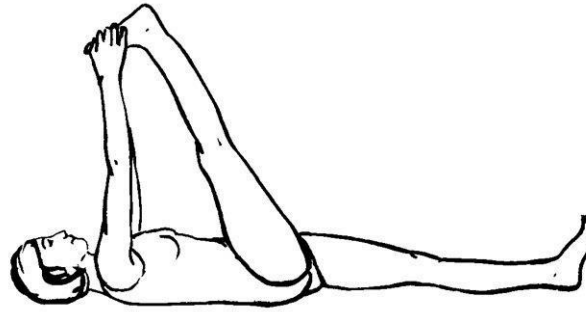


## SUPINE ASANAS

### *Supta Padangustasana (Reclining Hand To Big Toe Pose)*



**Technique:** Lie supine on the floor, legs strongly extended. If your head doesn't rest comfortably on the floor, support it on a folded blanket.

Inhale to raise the left leg. Bend the knee to grip the big toe with your fingers.

Now extend the leg upright to hold it firmly with your fingers.

Hold the right leg firmly down on the floor.

Now release and repeat by raising the opposite leg.

### **Benefits**

- ✓ Stretches hips, thighs, hamstrings, groins, and calves
- ✓ Strengthens the knees
- ✓ Stimulates the prostate gland
- ✓ Improves digestion
- ✓ Relieves backache, sciatica, and menstrual discomfort
- ✓ Therapeutic for high blood pressure, flat feet, and infertility

### **Limitation:**

- ✓ This asana should not be practiced by those with Diarrhea, Headache, High blood pressure.