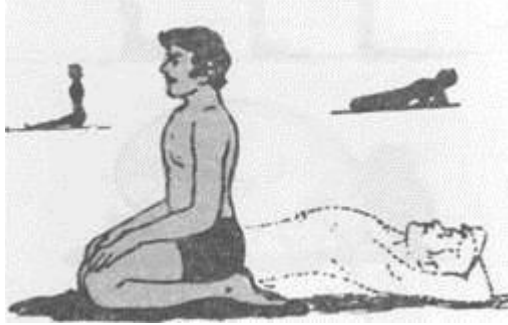


## SITTING ASANAS

### *Supta Veerasana (Reclined Hero's Pose)*



**Technique:** Perform Virasana. Exhale and lower your back torso toward the floor.

First lean on to your hands, then your forearms and elbows.

Once you are on your elbows, place your hands on the back of the pelvis and release your lower back and upper buttocks down toward the tailbone.

Then finish reclining, either onto the floor or a support.

Stay there for some time 15 to 20 seconds and then come back to virasana.

### **Benefits**

- ✓ Stretches the abdomen, thighs and deep hip flexors (psoas), knees, and ankles
- ✓ Strengthens the arches
- ✓ Relieves tired legs
- ✓ Improves digestion
- ✓ Helps relieve the symptoms of menstrual pain

### **Limitation:**

- ✓ If you have any serious back, knee or ankle problems, avoid this pose.