

## SITTING ASANAS

### Tholasana (Scale Pose)



**Technique:** Sit in padmasana. Place the palms on the floor beside the thighs.

Inhale deeply and raise the whole body from the floor, balancing only on the hands.

Swing the body backward and forward between the arms retaining the breath. Lower the buttocks and legs to the ground exhale.

Rest in the sitting position.

Repeat the pose with the legs crossed the other way. Practice 3 to 5 rounds.

#### **Benefits:**

- ✓ The arms, wrists, shoulders and abdominal muscles are strengthened and the chest is opened.
- ✓ It generates control and balance.

#### **Limitation:**

- ✓ This is a strenuous asana, not suitable for people with heart conditions, high blood pressure, hernia or back pain.