

STANDING ASANAS

Upavesasana - (Sitting Squat)



Technique: Stand in Samasthithi and keep feet apart anywhere from 3 to 4 1/2 feet depending on your height.

Inhale and raise hands above in namaskar position and exhale while coming down and stay there for some time and inhale to get up and stand.

Benefits

- ✓ Best exercise for ladies who are pregnant
- ✓ Good for people who has gas problem

Limitation:

- ✓ Knee issue people should avoid this asana. Caution is advised for people with weak knee joints.