

## SITTING ASANAS

### Vajarasana (Thunderbolt Pose)



**Technique:** Sit with legs extended together, hands by the side of the body, palm resting on the ground, fingers of the hands together pointing forward.

Fold the right leg at the knee and place the foot under the right buttock. Sole facing up.

Similarly folding the left foot, places it under the left buttock. Hands resting on the respective thighs sit erect, gaze or close the eyes.

While returning to the original position bend a little forward right side, take out your left leg and extend it.

Similarly extend your right leg and return to the original position.

#### **Remember**

- ✓ While sitting on the bent feet, the heels should remain out and toes inside, soles upward.
- ✓ Do not sit on the heels.

#### **Benefits:**

- ✓ This strengthens thigh muscles and calf muscles.

#### **Limitation:**

- ✓ Persons suffering from piles should not practice it.