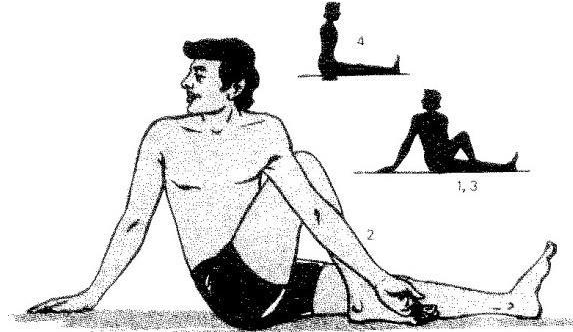


SITTING ASANAS

Vakrasana (Twist Posture)



Technique: Begin by sitting in Dandasana. Now fold the right leg towards you such that the knee is facing up and the foot is close to the groin.

Now twist the torso to the right and position the left hand behind the right knee and hook the big toe.

Then fold the right hand behind the back and stay in this pose for a few breaths.

Then release the twist and repeat on the other side.

Benefits

- ✓ Lateral twist obtained, tones, stretches, the entire spine
- ✓ Enhances lower back's flexibility. Maintains health of the spinal nerves.
- ✓ Massages spleen, liver, pancreas, intestines and bladder.
- ✓ Good for constipation, Dyspepsia, Diabetes, Kidney problems
- ✓ Pain in hip joints, obesity and gastritis.

Limitation:

- ✓ Hernia patients should avoid.