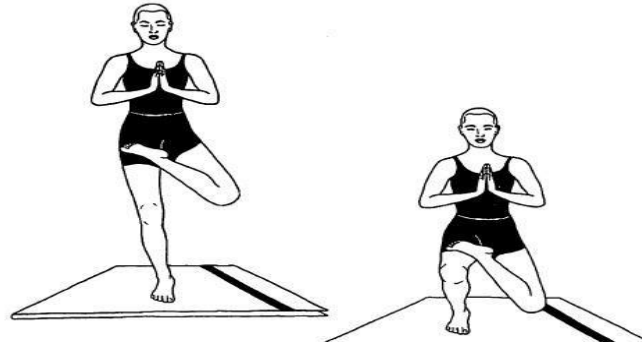


## ADVANCED ASANAS

### Vatayanasana - (Flying Horse Pose)



**Technique:** Stand with the feet together. Focus the gaze on a fixed point. Shift the weight of the body to the right leg. Bend the left knee and place the foot on the right thigh in the half lotus position. Hold the left ankle until the body is steady, then place the palms of the hands together in front of the chest. Slowly bend the right knee and lower the body, maintaining balance, until the left knee rests on the floor. Hold the final position for a short while, resting with the weight evenly balanced on the right foot and left knee.

Transfer the weight back onto the right leg and slowly raise the body, straightening the right knee, and returning to the starting position. Release the left leg and lower it to the floor.

Relax in the standing position with the eyes closed. Repeat on other side also

### **Benefits**

- ✓ This asana strengthens the leg muscles and knee joints.
- ✓ It develops the ability to retain seminal fluid for the maintenance of brahmacharya.

### **Limitation:**

- ✓ This is a strenuous practice.
- ✓ People with sciatica, slipped disc, weak back, hips, knees or ankles, hernia, heart problems or high blood pressure should not practice this asana.