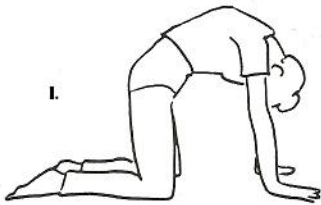




TOP 5 ASANAS



1.

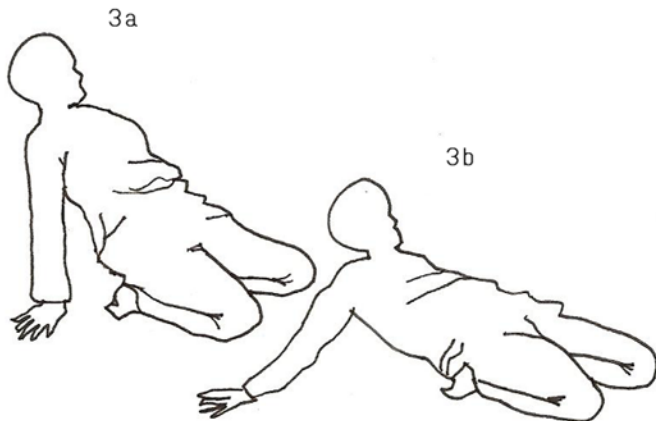
Cat/Cow

On exhale, arch back and tuck the tailbone under (1). Inhale, curve spine upwards (2). Continue for at least 1 min..



2.

This pose stimulates 72,000 nerves along the spine and keeps you flexible.



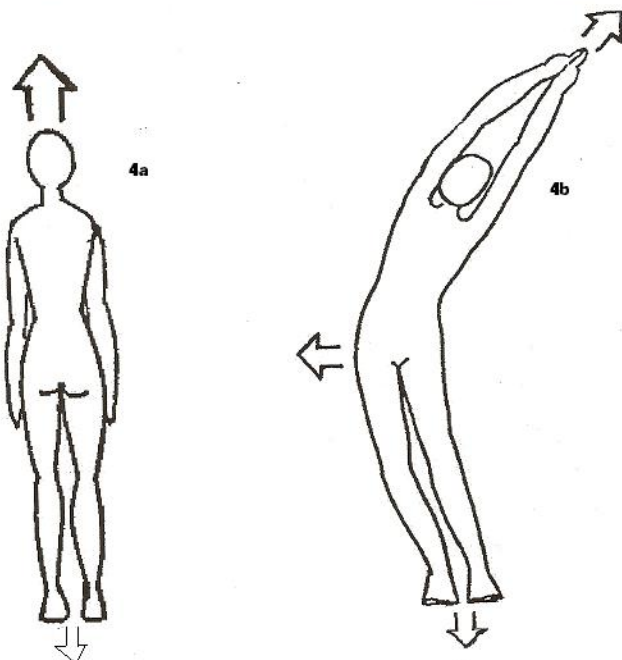
3a

3b

Hero Pose

Sit on heels. Lean back on palms (3a). Breathe. If you are able, lean further (3b). Hold pose for at least 1 min..

This pose stretches quads, knees and lower back.



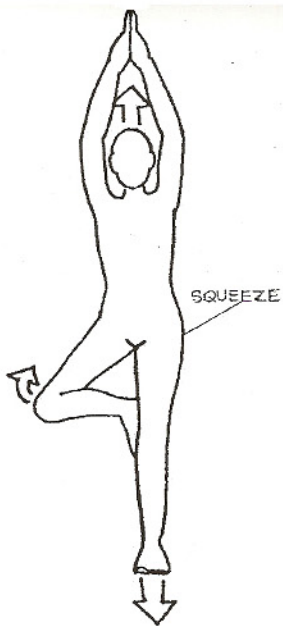
4a

4b

Half Moon

Stand straight arms at sides (4a). Inhale, raise arms and stretch to the side (4b). Keep arms up as you stretch to the opposite side. Continue for 1 min..

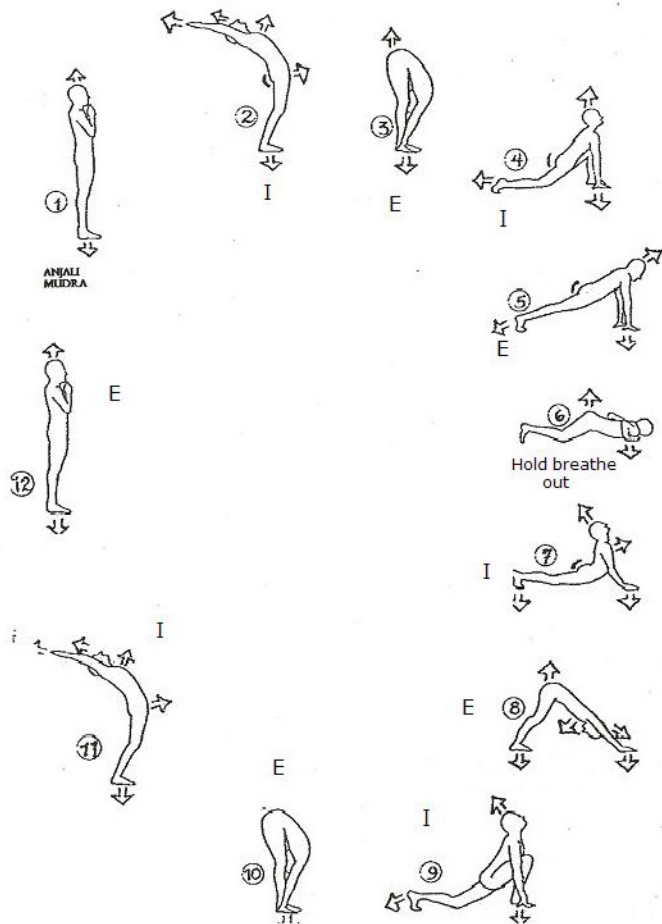
This pose increases flexibility in spine and shoulders. Regulates kidney function.



Tree Pose

Find an object to stare at, then shift the weight onto one leg. Lift opposite leg, bending at the knee and place the foot above or below knee. Hands can start at the heart, in prayer pose and then lift above head. Hold stare and pose for as long as you can.

This pose develops clarity, balance and focus of the mind and body.



Sun Salutation

Start in position 1, going clockwise. Inhale as you move into position 2. Follow the numbers and coordinate with the breath. I is inhale and E is exhale. Perform this cycle upto 3 times.

This is a general tonic for the entire body. Improves circulation, stimulates the nervous system and relieves physical and mental tension.