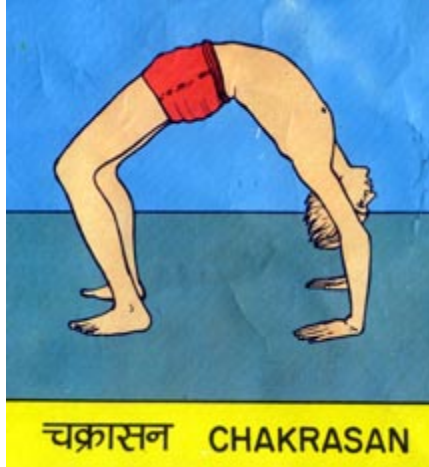


Chakrasana (Lateral Bending Pose)



Cure for: This asana induces maximum stretching of the lateral muscles of the body, especially the abdomen. It strengthens the knees, arms and shoulders and increases lung capacity.

Method

1. Stand straight with your feet and toes together and arms by your sides, palms facing and touching the thighs.
2. Raise one arm laterally above the head with the palm inwards up to shoulder level and palm upwards when the arm rises above the level of your head.
3. Then, bend your trunk and head sideways with the raised arm touching the ear, and sliding the palm of the other hand downwards towards the knee.
4. Keep your knees and elbows straight throughout.
5. Maintain the final pose for a few seconds.
6. Then gradually bring your hand back to the normal position.
7. Repeat the exercise on the other side.