**Makarasana (Crocodile Pose)**

*Cure for:* This asana completely relaxes both the body and the mind and also rests the muscles. It is beneficial in the treatment of hypertension, heart disease and mental disorders.

**Method**

1. Lie flat on your abdomen.
2. Spread your legs, with heels pointing towards each other.
3. Bring your left hand under the right shoulder and grasp it.
4. Grasp the left shoulder with your right hand, keeping the elbows together, one upon the other on the ground.
5. Your face should be between your crossed hands. Relax and breathe normally for two or three minutes.
6. Then gradually go back to the sitting position.