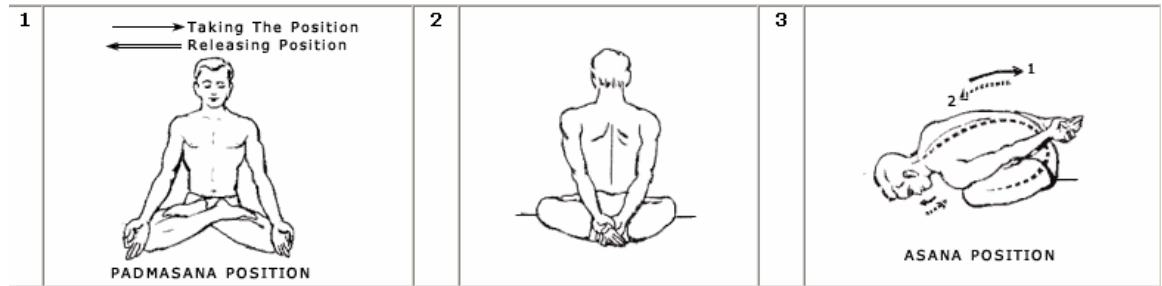


Yogamudra



Cure for: The practice of this asana tones up the nervous system, builds up powerful abdominal muscles and strengthens the pelvic organs. It helps pep up digestion, boosts the appetite and removes constipation. It tones up and relaxes the nerves of the head and face. It also strengthens the sex glands.

Method

1. Sit erect in padmasana.
2. Fold your hands behind your back, holding your left wrist with the right hand.
3. Take a deep breath. While exhaling, bend forward slowly keeping your hands on your back.
4. Bring your face downwards until your nose and forehead touch the floor.
5. While inhaling, slowly rise back to the upright position.