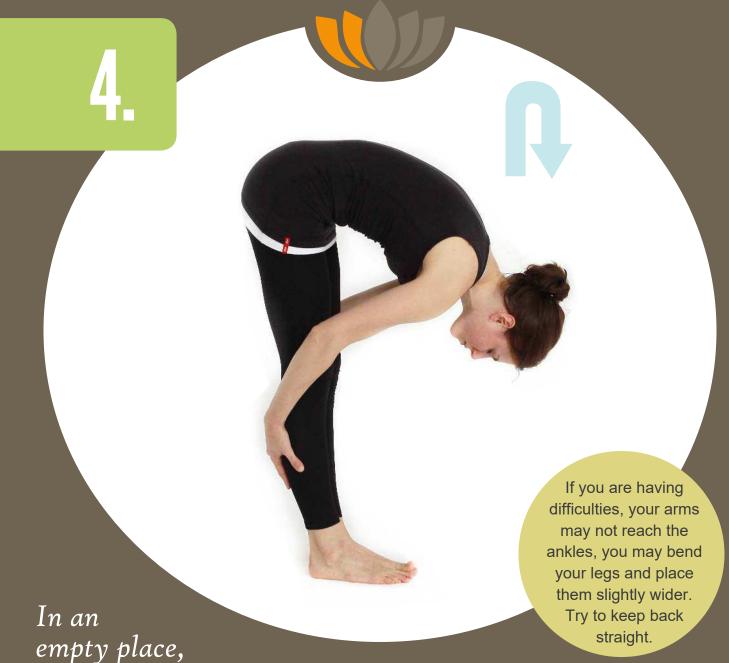
## Standing forward bend

## Uttanasana



free from any unnecessary objects, stand still on both legs. Get a lungful of the life-giving air and raise your hands up. With exhale bend forward and reach your ankles. Keep your knees straight. Stay like this for a long time. You will cure many diseases of the brain, turn away the external and find the way to the inner world. The top part of body will be cured from many diseases.