

# Half circle pose

## Ardha Chakrasana

15.



Relax your face and neck when you lift your middle part of your body up. It will go higher with every time you try this pose. If you cannot reach the ankles use a scarf or simply leave hands on the ground.

*Put your straight body on the ground. Let your arms lay along the body. Bend your knees and place feet flat on the ground. Hold your ankles by hands and lift the body up. This is a half circle pose, it gives same benefits as the circle pose.*