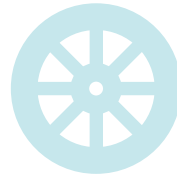


Circle pose



Chakrasana

16.



In the beginning do this pose partially by supporting yourself on hand. Later when you straighten your hands, you will be able to lift the body and to stretch more.

Lie down on your back.

Bend your knees. Place hands behind the head and put palms on the floor. Support on your hands and feet, raise your body up and then make hands and feet to move towards each other. You will get a circle pose. This asana eliminates impurity in the spine and increases vitality.