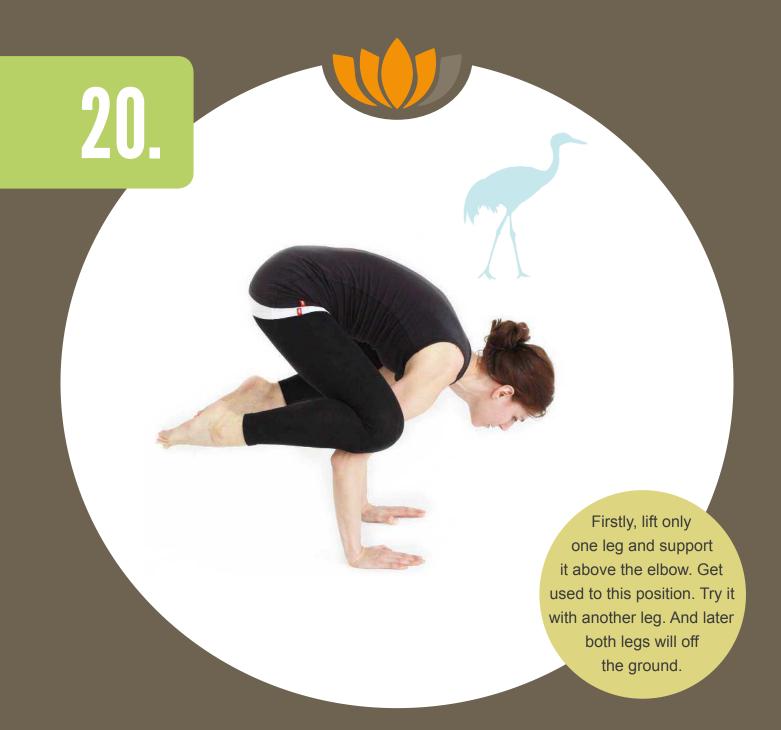
Crane pose

Bakasana



Support yourself on hands and toes. Arms should be bent in elbows and the knees rest on top of the elbows. Then very carefully raise the toes off the ground, resting only on the hands. This pose is known as a crane pose. It strengthens the stomach muscles.