

Head-to-knee pose



Janu Sirsasana

26.



Relax the leg that is in a bent position in a way it touches the floor. If it is uncomfortable to have the other leg straight then keep a knee bent a little when you lower down.

Sit on the ground keeping your legs straight. Bend one knee and place the foot against the inner thigh of the opposite leg. Bend forward. Hold the straight leg with your palms.