

Pose of Dancing Lord



Natarajasana

35.



This pose requires attention and concentration. On initial stages stay as long as you need in a pose without lifting the bent leg. Focus your vision on one stable point.

Stand straight on one leg. Bend the opposite knee and hold the leg with your hand behind your back. Raise the opposite hand up to the front. Raise the leg as high as possible, helping with your hands. Stay long in this pose. This is also a pose of dancing Shiva.