

Yogic Sleep pose



Yoganidrasana

43.



When start practicing this pose you can use wall for supporting your soles. With practice you will be able to lower knees more (to forehead, then hands, on the floor next to the head)

Lie on your back on the ground. Bend the knees, bring them to the floor behind your head and place on both sides of your head. This pose is called Krishna dream. Yogi can fall asleep immediately when practicing this pose. Sleeping in this pose is very beneficial.