

Happy baby pose



Ananda Balasana

44.



Start by simple embracing your legs. Your neck and back should feel comfortable.

Lie on your back and bring the legs

bent knees closer to torso. Slip your hands between the knees and hold your feet with hands. You may bring your feet and palms as far as possible and they may touch the ground behind the head. This is one of the most important poses for attaining power over sexual energy. Those who have mastered this pose have full control over apana. Whenever you feel frustration inside due to fatigue practice this pose. All illnesses of the intestines and internal organs are cured by this pose. Acquire clarity of perception. Yogi performing this pose is disconnected from all external influences. This is the pose of the winner.