

Standing forward bend



Uttanasana

4.



If you are having difficulties, your arms may not reach the ankles, you may bend your legs and place them slightly wider. Try to keep back straight.

In an empty place, free from any unnecessary objects, stand still on both legs. Get a lungful of the life-giving air and raise your hands up. With exhale bend forward and reach your ankles. Keep your knees straight. Stay like this for a long time. You will cure many diseases of the brain, turn away the external and find the way to the inner world. The top part of body will be cured from many diseases.