

Plow pose



Halasana

8.



When you bring legs over your head you do not have to touch the floor right away. Let them stay above the ground or use wall behind you for support. If you want you can use hands to support body. You may bend the knees.

Put your straight body on the back. Inhale and exhale bring your straight legs to the ground over your head. Touch the ground behind your head. Let your hands lay free on the floor or place them behind your head. It will cure pain in the lower back, as well as in the neck.