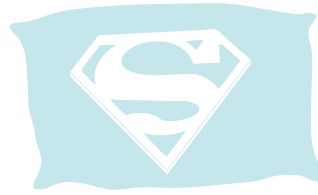


Pose of the resting hero

Supta Vajra Asana

17.



If it seems difficult start by sitting putting legs little bit apart and you may also use blanket. Support on hands behind the back, bring body closer to the ground. Then you may support yourself on elbows. Later you will be able to lay on the ground and bring feet together.

Sit down on the ground between your feet. Helping by your hands lay on the back. Put your hands behind your head. Stay like this. This pose can cure joint illnesses as well as pain in the shoulders. It is known as a pose of the resting hero.