

Crane pose



Bakasana

20.



Firstly, lift only one leg and support it above the elbow. Get used to this position. Try it with another leg. And later both legs will off the ground.

Support yourself on hands and toes. Arms should be bent in elbows and the knees rest on top of the elbows. Then very carefully raise the toes off the ground, resting only on the hands. This pose is known as a crane pose. It strengthens the stomach muscles.