

Locust pose



Salabhasana

23.



In this pose try to lift one leg and then another one. Later you will be able to lift both legs up as high as comfortable for you.

Lie down on the ground, on your stomach. Put your hands under your thighs or join them together at the groin area. Support yourself on hands and raise your legs as high as possible. This is a locust pose. It gives strength to the hands.