

Crocodile pose



Makarasana

45.



You can use this pose as the final pose before you end the practice or in between any two poses in order to rest. You can rest your head on the forehead or turn on the cheek. Place legs as comfortable for you.

Lie down on the stomach, with your straight body. Place your head on your palms and stay long in this pose – pose of crocodile. It gives a rest to your body and mind.