



# VAKRASANA

In Vakrasana, 'vakra' means 'twisted', and asana means 'pose'. Vakrasana is also called the spinal twist position. It is a yoga pose that causes the spinal muscles to twist, which may help in rejuvenation.

## Benefits of vakrasana

- for diabetes
- for weight management
- for depression
- for spinal muscles
- for heart-related problems



*Do not practise Vakrasana if you are suffering from the following conditions:*

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- *Spinal injury.*
- *Hernia.*
- *Back pain.*
- *Hyperthyroidism.*
- *Peptic ulcers.*
- *if you two to three months of pregnancy.*
- *if you are suffering from slipped disc or sciatica.*
- *if you are suffering from knee pain.*
- *if you are suffering from heart or brain problem.*
- *If you are suffering from a stiff spine, then it is better to practise Vakrasana steps Under the supervision of a yoga expert.*
- *In case of abdominal region surgery.*



# RAJAKAPOT ASANA

Rajakapotasana, or the pigeon pose, is one of the seated back-bending asanas (posture). It is also known as Eka pada Rajakapotasana. The term “Rajakapotasana” is derived from the Sanskrit words “Raja”, meaning king, “kapota”, meaning pigeon and “asana”, meaning seat or posture.

## Benefit of Rajakapotasana

- for Neurodegenerative disorders.
- for to manage Depression.
- Management of Blood Pressure.
- Improve muscle strength.
- Opening and stretching of thighs, hips, chest and quadriceps improve flexibility.
- It improves blood circulation and strengthens the productive system.



# PIGEON POSE

Pigeon Pose is a yoga asana (pose or position) that helps open your hips and ease lower back pain. Though it can be a great way to increase flexibility and stretch your muscles, it's important to perform the move correctly to prevent injury or strain.

## Benefit of Pigeon pose

- This pose focuses on opening your hips, which supports mobility and flexibility in that joint.
- Pigeon Pose also stretches your hip flexors and lower back, which are commonly tight due to prolonged sitting. Stretching these muscles regularly may alleviate mild lower back or hip pain



# ADVANCED PIGEONPOSE

In Sanskrit the meaning of 'Kapota' is "Pigeon" and the meaning of Asana is seat, pose or posture. This Asana comes under the advance level. This is the advance level of Kapotasana. Advanced Pigeon Pose makes your body more flexible in ways you never imagined. You should consider including this Pose to your yoga regimen to experience its benefits. Advanced Pigeon Pose gives you a lot of benefits and also gives your body a good stretch.

## Benefit of Advanced Pigeon Pose

- *Advanced Pigeon Pose stretches and strengthens the groin and back.*
- *Tones the muscles of the throat and ribcage, chest, and abdomen.*
- *Improves the working of the digestive system.*
- *Advance kapotasana increases the flexibility in your arms, thighs, spine, shoulders, hands and calf muscles.*



- *Maintains blood pressure and lowers down the effects of chronic diseases.*
- *Beneficial in urinary related disorders.*
- *Reduces stiffness in the hips, shoulders, and back.*
- *Beneficial in sciatica and makes your lungs stronger.*
- *Gives calmness to the mind and the body.*
- *It is a good stress buster.*