

Lion Pose

Simhasana



Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.

1

Start on your knees, then sit back onto your heels.

2

Spread your fingers out and press your palms onto your knees.

3

Take a deep breath in through your nose.

4

Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth

5

Repeat a few times.