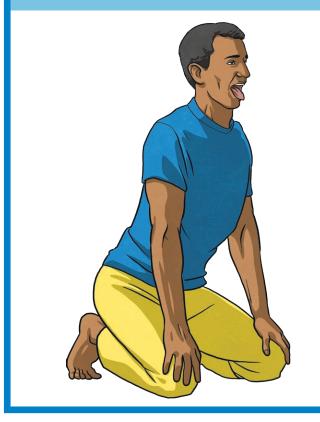
Lion Pose

Simhasana



Benefits

1

2

3

4

5

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

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

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

Take a deep breath in through your nose.

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

Repeat a few times.