



**Position 4: Ashwa Sanchalanasana (Equestrian Pose)** Inhaling, stretch the right leg back as far as possible, keeping the foot flat and toes pointed. At the same time, bend the left knee, keeping the left foot on the floor in the same position, with the arms straight. In the final position, the weight of the body should be supported with both hands, the left foot, right knee and right foot. The head should be tilted backward, the back arched and the inner gaze directed upward. **Benefits:** Improves the function of abdominal organs by massaging them, and strengthens the leg muscles.



**Position 5: Ardha Chandrasana (Crescent Moon Pose)** Maintaining your balance while inhaling, raise and stretch both arms over the head, keeping the palms together. Arch the back and look up, raising the chin as high as possible. There should be a gentle curve from the tips of the fingers to the tips of the toes, resembling a crescent moon. Hold the pose for a short time. Lower the hands to the floor on either side of the right leg, while exhaling as in position four. **Benefits:** This practice develops a sense of balance and gives the front of the body a good stretch.



**Position 6: Plank Pose** While exhaling, move the right leg back to meet the left and align the whole body like a plank of wood. Keep the heels vertical to the floor, contract the muscles of thigh and pull up the knee cap, wrist resting under the shoulder. **Benefits:** Strengthens the shoulders and the muscles of the arms.



**Position 7: Balasana (Child Pose)** Drop both knees on the floor, keeping the feet flat with toes pointed. While exhaling move the body back, rest the buttocks on the heels. Do not re-place your hands in order to move your body back. **Benefits:** Stretches the shoulders and back muscles.



**Position 8: Ashtanga Namaskara (Salute with Eight Parts or Points)** Keeping the trunk parallel to the floor, actively exhale and lower the chest between your palms on the floor. In the final position, the knees, chest and chin should touch the floor simultaneously. The buttocks, hips and abdomen should be raised. **Benefits:** Strengthens the legs and arm muscles, develops the chest.



**Position 9: Urdhva Mukha Svanasana (Upward Facing Dog)** With a deep inhalation, lift the chest, abdomen and thighs up, stretch the arms completely and push the head and trunk as far back as possible, with or without resting the knees on the floor. The spine, thighs and calves should be fully stretched, and the buttocks contracted tightly. **Benefits:** Rejuvenates the spine, helps in removing lumbago and sciatica, and improves the elasticity of lungs.



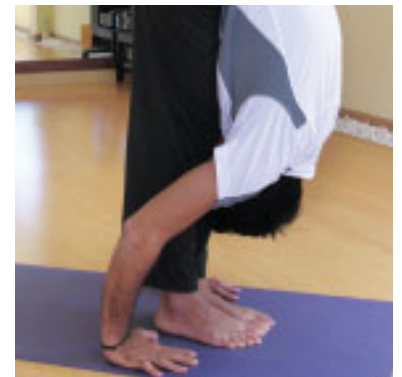
**Position 10: Adho Mukha Svanasana (Downward Facing dog)** Exhale completely, lift the hips very high and press the heels on the floor. Straighten the arms, move the head inward towards the feet without strain, keeping the elbows straight and extending the back. Keep the legs stiff and do not bend the knees but press the heels down. In case your hamstrings are tight and it's not possible to press heels on the floor, bend the knees slightly. **Benefits:** Strengthens the ankles, makes the legs shapely.



**Position 11: Ashwa Sanchalanasana (Equestrian Pose)** This is the same as position four. Inhaling, bend the right leg and bring the right foot forward between the hands. Simultaneously, lower the left knee so that it touches the floor and push the pelvis forward. Tilt the head backward, arch the back and gaze at the point where the eyebrows meet.



**Position 12: Ardha Chandrasana (Crescent Moon Pose)** Maintaining your balance while inhaling, raise and stretch both arms over the head, keeping the palms together. Arch the back and look up, raising the chin as high as possible. There should be a gentle curve from the tips of the fingers to the tips of the toes, resembling a crescent moon. Hold the pose for a short time. Lower the hands to the floor on either side of the left leg, while exhaling as in position 10. **Benefits:** This practice develops a sense of balance and gives the front of the body a good stretch.



**Position 13: Padahasthasana (Hand to Foot Pose)** This position is the same as position three. Exhale and bring the left foot forward next to the right foot. With legs straight or slightly bent at the knees, bring the forehead close to the knees, without straining.



**Position 14: Hashta Uthanasana (Raised Arm Pose)** This stage is a repetition of position two. Inhale, raising the torso and stretching the arms above the head. Keep the arms separated, shoulder width apart, bend the head, arm and trunk backward.



**Position 15: Pranamasana (Prayer Pose)** This is the final position and is the same as position one. Exhale and lower the hands; bring the palms together in front of the chest.

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