

**Position 9: 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 10: Ashwa Sanchalana (Equestrian pose)**

This is 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 11: Padahasthasana (Hand to foot pose)**

This position is 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 12: Hastha Utthanasana (raised arm pose)**

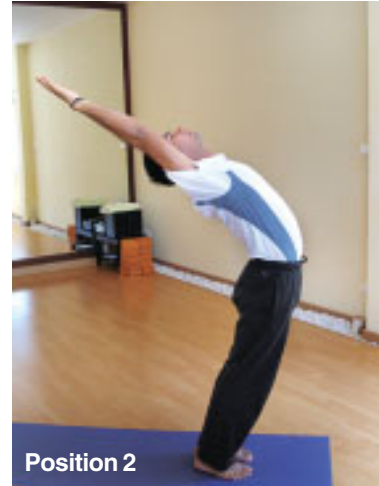
This stage is a repetition of position two. Inhale, raising the torso and stretching the arms above the head. Keep the arms separated, shoulder width apart, bend the head, arm and trunk backward.

**Position 13: Pranamasana (prayer pose)**

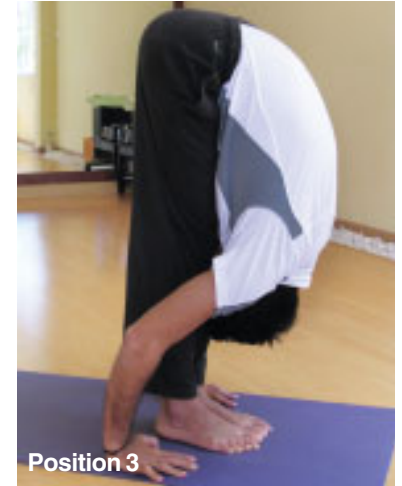
This is the final position and the same as position one. Exhale, lower the hands, bring the palms together in front of the chest.



Position 1



Position 2



Position 3



Position 4



Position 5



Position 6



Position 7



Position 8



Position 9



Position 10



Position 11



Position 12



Position 13

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