

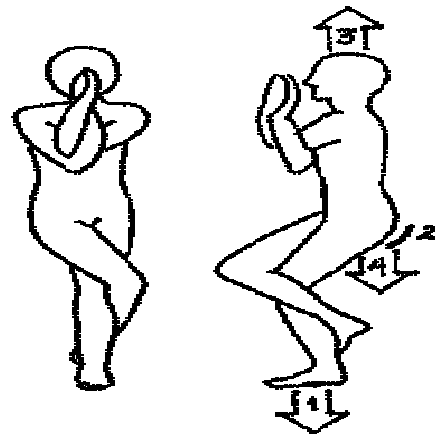
Knee Care-2

Yoga postures provide effective solution, Yoga posture like staff pose(Dandasana),Half downward facing dog pose (Ardha Adho Mukha Svanasana),Seat of power pose (Utkatasana Pose), simple balancing pose, Half frog pose (Ardha Bhekasana) etc can be very helpful for rejuvenating knee joints.

Eagle Pose: Garuda

The mythic "king of the birds," the word is usually rendered into English as "eagle," though according to one dictionary the name literally means "devourer," because Garuda was originally identified with the "all-consuming fire of the sun's rays."

Anatomical Focus: Ankles, Calves, Thighs, Hips, Shoulders



Step by Step

Stand in **Tadasana**. Bend the knees slightly, lift the left foot up and, balancing on the right foot, cross the left thigh over the right. Point left toes toward the floor, press the foot back, and then hook the top of the foot behind the lower right calf. Balance on the right foot.

Stretch the arms straight forward, parallel to the floor, and spread scapulas wide across the back of the torso. Cross the arms in front of torso so that the right arm is above the left, and then bend the elbows. Snug the right elbow into the crook of the left, and raise the forearms perpendicular to the floor. The backs of the hands should be facing each other.

Press the right hand to the right and the left hand to the left, so that the palms are now facing each other. The thumb of the right hand should pass in front of the little finger of the left. Now press the palms together (as much as is possible), lift elbows up, and stretch the fingers toward the ceiling.

Stay for 15 to 30 seconds, then unwind the legs and arms and stand in Tadasana again. Repeat for the same length of time with the arms and legs reversed.

Benefits:

- ❖ Strengthens and stretches the ankles and calves
- ❖ Stretches the thighs, hips, shoulders, and upper back
- ❖ Improves sense of balance
- ❖ Increases concentration