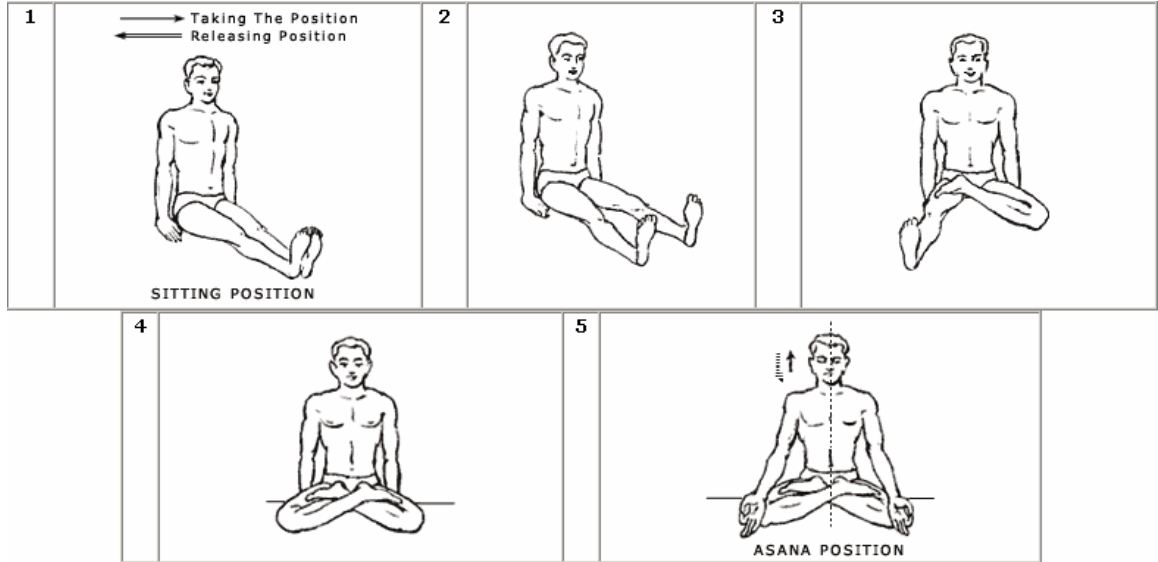


Padmasana (Lotus Pose)



Cure for: It helps in the treatment of many heart and lung diseases and digestive disorders. It also calms and refreshes the mind.

Method

1. Sit erect and stretch your legs out in front of you.
2. Bend one leg to place the foot on the thigh of the other, the sole facing upwards.
3. Similarly, bend the other leg too, so that the heels are opposite each other and placed in such a way that they press down on the other side of the groin.
4. Keep your neck, head and spine straight.
5. Place your palms one upon the other, both turned upward and cupped, and rest them on the upturned heels a little below the navel.

Note: Padmasana is a good pose for doing pranayama and meditation.