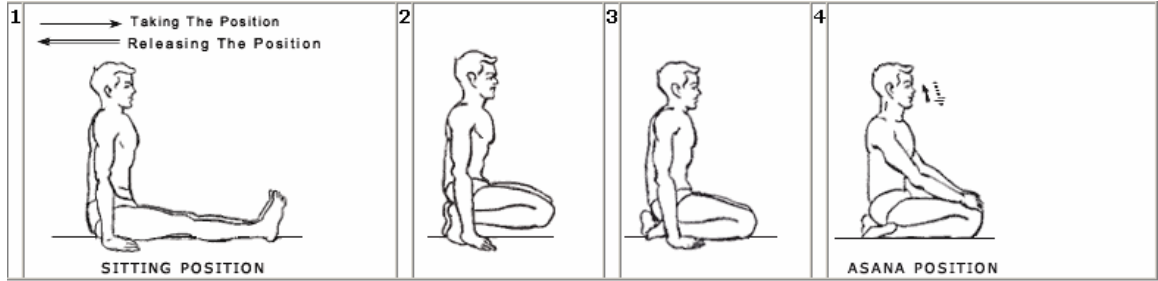


## Vajrasana (Pelvic Pose)



**Cure for:** It improves the digestion and is beneficial in cases of dyspepsia, constipation, colitis, seminal weakness and stiffness of the legs. It strengthens the hips, thighs, knees, calves, ankles and toes.

### Method

1. Sit erect and stretch out your legs.
2. Fold your legs back, placing the feet on the sides of the buttocks with the soles facing back and upwards.
3. Rest your buttocks on the floor between your heels.
4. The toes of both feet should touch.
5. Now, place your hands on your knees and keep the spine, neck and head straight.

**Note:** Vajrasana can be performed even after meals.