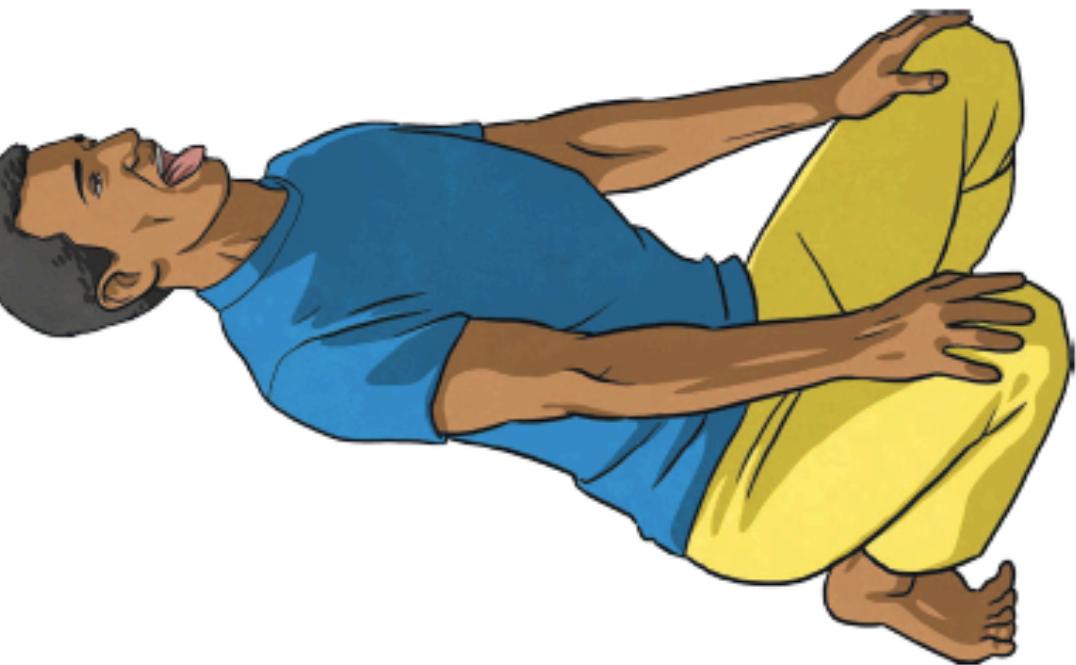


Lion Pose

Simhasana



Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.

- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms onto your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth
- 5 Repeat a few times.