

Recognise and name the Yoga asanas in the following pictures :



1

From lying position, legs are raised up to the top most position, hands support the hips, weight of the body rests over the shoulders.

It cures cough and cold, headache and improves memory, eyesight, and delays aging.

It is a resting and relaxing pose in a lying position. Control over breathing without any motion.

It relaxes the body and controls breathing. It reduces stress and tension.



2

From a lying position, start raising the legs so that it touches the surface behind the head.

It cures back pain and improves eyesight, digestive system, back and shoulder muscles.



3

It is the balancing of body over the head supported by hands.

It prevents cold, cough and improves memory and eyesight.

It also relieves headache.



4



Shavasana, Shirshasana, Halasana, Viparita Karani Asana