

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name – Yoga Asana**

**Topic No. – Section A (2)**

**Paper No. - V**

**Lecture No. – 15**

### **Lecture Title**

### **Yoga Asanas Part – 5**

### **Summary**

The Bakasana in yoga is also known as the crane pose, is a compact arm balancing posture that helps in strengthening the arms as well as the abdominal organs.

**Vakrasana** is twisting. In this asana body gets twisted towards right and left sides. Supta vajrasana is a simple asana that can be practiced for meditation and practicing breathing exercise. It is also known as the diamond pose. Regular practice of this asana makes you stronger and healthier. Next is Mayur which means peacock. In this asana the legs are stretched like the wings of the peacock and so get the name Mayurasana. Peacock pose is one of those yoga poses which may seem difficult to perform in the beginning, however, practice and patience is the key.