

Course Name : Bachelor of Physical Education

Year : IInd(Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 18

Topic no. : Sect-A (2)

Lecture Title : Yoga Asana Part - 8

FAQ

Q1. How is Paschimottanasana Asana performed ?

Ans - Stretch both legs out, like a staff, on the ground in a natural way and grasp the big toes. Then place the head between the knees. Thus it becomes pashimottanasana.

Q2. What are the benefits of performing Paschimottanasana ?

Ans - Paschimottanasana stretches the hamstring muscles and increase flexibility in the hip joints. It tones and massages the entire abdominal and pelvic region, including the liver, pancreas, spleen, uro-genital system. This asana is especially recommended to make the abdomen and waist supple and to remove excess weight in this area. Circulation to the nerves and muscles of the spine is stimulated.

Q3. What is Chakrasana ?

Ans - Chakrasana has obtained its name because the body will become like a wheel while doing this asana. Therefore, this asana get another name called wheel pose asana. The complete part of this asana is called as “ Poornachakraasana”.

Q4. What is Halasana ?

Ans - In Sanskrit “hala” means plough and asana means pose, so it is known as halasana (plough pose).in this position body shows the shape of the plough. This pose gives flexibility to spine as well as strengthens the back muscles.

Q5. What are the precautions in Halasana ?

Ans - Those having neck pain, spondylitis and high blood pressure should not practice this yoga pose. Pregnant ladies should not try this asana. Those who are suffering from hernia, sciatica, arthritis of the neck should not do practice. During menstrual days do not perform this asana.