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Hasta Uttanasana, the standing forward bend position, is a component of the Sun Salutation series of asanas. It appears because of the 2nd pose and the 11th pose within the Sun Salutation or Surya Namaskara. It particular is employed in yoga practice to warm up and strengthen



HASTA UTTANASANA

The Raised Arm Pose

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Benefits of Hasta Uttanasana:

- Firstly, improve digestion.
- Secondly, stretches and tones the muscles of the abdomen.
- Thirdly, expand the chest and also the skeletal structure leading to the correct intake of oxygen. The lung capacity gets fully utilized.
- Targets multiple body parts
- Stress reliever
- Improves digestion



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the spine. Further, to open up the chest and heart to permit for deep, full breaths. Procedure of Hasta Uttanasana:

- Stand erect and lift both hands above the top.
- Let there be shoulders length between the arms.
- Bend the trunk and head backward to make a slight curve.

- Raising the arms and bending the torso back is finished at a similar time.
- take a breath deep while raising the arms.
- When done as a part of the Surya Namaskara (Sun Salutation exercises), you will chant a mantra while performing this asana.

- Hasta Uttanasana is encountered as the 2nd pose and also the 11th pose. The mantra to be chanted, given below:
During the 2nd posture, carry on chanting “Om Ravaye Namaha.” It means salutations to the shining one.
During 11th pose chant “Om Arkaya Namaha”.

It means salutation to the one who deserves praise.

There are many benefits of Hasta Uttanasana

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