

Frog Pose

Ardha Bhekasana



Benefits

Tones legs and increases hamstring flexibility.

1

Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.

2

Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.

3

Return to the first position, then repeat.