



# YOGA PLUS – Sunjeevan Yoga Therapy

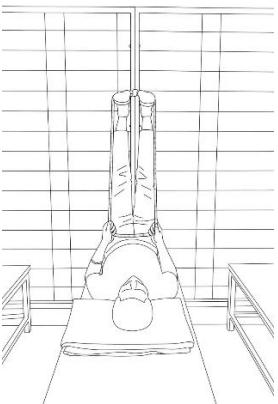
## General Exercises

For Knee pain/ Heel pain or Leg stiffness

A line drawing of a person performing Padangushtasana 1. The person is lying on their back with their legs raised and bent at the knees. They are holding their ankles with their hands, pulling their feet towards their head. The exercise is being performed on a mat with a wall and a window in the background.	<p><b>Padangushtasana 1</b> Time Duration: 100 counts each leg</p>
A line drawing of a person performing Padangushtasana 2. The person is lying on their back with their legs raised and bent at the knees. They are holding their ankles with their hands, pulling their feet towards their head. The exercise is being performed on a mat with a wall and a window in the background.	<p><b>Padangushtasana 2</b> Time Duration: 100 counts each leg</p>
A line drawing of a person performing Padangushtasana 3. The person is lying on their back with their legs raised and bent at the knees. They are holding their ankles with their hands, pulling their feet towards their head. The exercise is being performed on a mat with a wall and a window in the background.	<p><b>Padangushtasana 3</b> Time Duration: 100 counts each leg</p>



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	Vertical Leg Stretch Time Duration: 10 min
	Pachimotanasana Time Duration: 1 min X 3 sets
	Heel Stretch near wall Time Duration: 200 counts X 3 sets each leg

- If you face any problem while performing these exercises, please feel free to contact us. These are basic exercises, if you still face same symptoms, please contact us. \*