

# CHALANASANA

FF03

## DIRECTIONS

Sit facing the anchor with legs fully extended and as wide as possible.  
Pull the rope with the arms in a circular motion in between the feet.

CHALANASANA is an energy block posture aimed at improving the energy flow within the body – in the spine and in the pelvic region where energy tends to stagnate.

## BENEFITS

Good preventative of sciatica and relieves low back tension.  
Opens the chest and groin.  
Tones the pelvic organs & muscles.

## IMAGERY

In yoga CHALASANA means “Churning The Mill’