**Pavanamuktasana**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid If:**

* You are pregnant.
* You have recently undergone abdominal surgeries.
* You have spinal issues.

**Instructions**:

1. Starting Position:

* Lie on your back with your feet together and arms relaxed beside your body.

1. Bring Right Knee In:

* Inhale deeply. As you exhale, bend your right knee and bring it in towards your chest.
* Use your hands to clasp around the thigh and gently press it against your abdomen.

1. Lift Head and Chest:

* Inhale again. As you exhale, lift your head and chest off the floor, bringing your chin towards your right knee.

1. Hold the Pose:

* Maintain the position, taking deep, long breaths for 5-10 seconds, ensuring you're comfortable and relaxed.

1. Return to Starting Position:

* Inhale deeply, loosen your grip on the knee, and gently lower your head, chest, and leg back to the ground. Relax your body.

1. Repeat with Left Leg:

* Repeat the same process with your left leg, bringing it in towards your chest and lifting your head and chest.

1. Both Legs Together:

* After completing the single-leg stretches, bring both knees into your chest simultaneously and repeat the process, lifting your head and chest.