

## Twitter Thread by [Hathyogi](#)



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### || Savasana: The best bedtime yoga ||

**According to the Ha■haratnavali 3.7-20, Savasana (■■■■■■) is one of the 84 asanas (postures) taught by Shiva. According to Ha■hayogaprad■pik■ I.33- “Lying down on the ground, like a corpse, is called Savasana**

How to do it:

- 1) Lie flat on your back, Legs should be separated.
- 2) Keep your arms straight & palms facing up.
- 3) Close your eyes & breathe deeply & slowly through the nostrils.
- 4) Start concentrating from your head to your feet. Relax & don't move.
- 5) Do it atleast for 10 min

Benefits-

- \* Shavasana is the best yoga pose for relaxation & meditation
- \* Calms the body: It helps to make the body and mind fresh & afresh.
- \* It is a one of the powerful yoga poses to make the body stress free.
- \* Nervous system: It is extremely beneficial for nervous system.
  
- \* Blood pressure: It is good to normalize the blood pressure, relaxes your heart and reduces the level of anxiety.
- \* Memory: It increases the concentration and memory.
- \* Increases energy level: The regular practice of the asana helps to increase the level of energy in the body.