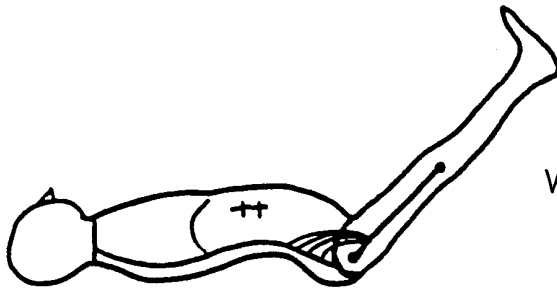


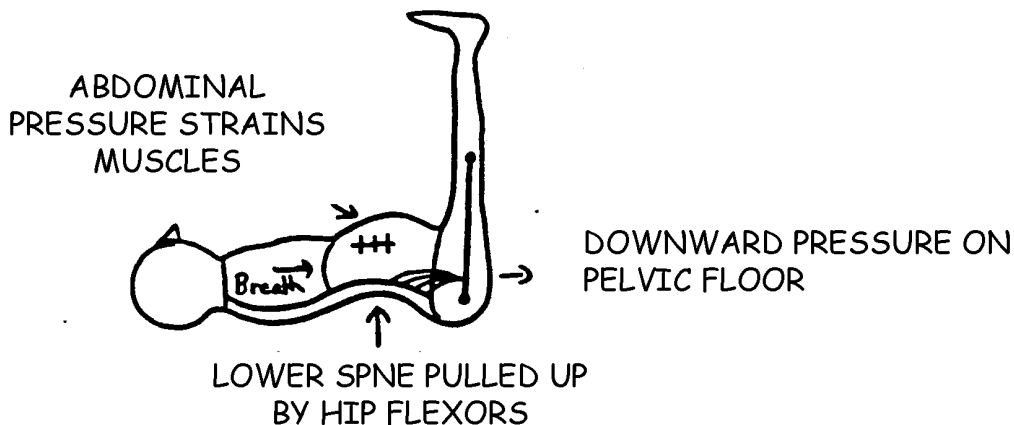
# THE DANGERS OF DOUBLE LEG RAISING & LOWERING



HIP FLEXORS  
ATTACH FEMUR TO  
PELIS & SPINE



WEIGHT OF LEGS X LENGTH OF LEGS =  
PULL ON LOWER SPINE



SINCE DOUBLE LEG LIFTS DO NOT TONE THE ABDOMEN AND SIMPLY PLACE GREAT STRAIN UPON THE LOWER BACK & ABDOMINAL MUSCLES- THEY HAVE BEEN PROHIBITED BY THE BWY .

ALSO CARE NEEDS TO BE TAKEN WHEN DOUBLE LEG LIFTING IS PART OF ANOTHER ASANA. HERE FOR EXAMPLE IN LOWERING FROM A SHOULDER-STAND, THE LEGS SHOULD BE KEPT BENT TOWARDS THE CHEST TO RELEASE THE STRAIN OF STRAIGHT LEGS BEING LOWERED.