



Compare:

Paścimatānāsana, Januśīrṣāsana, Upaviṣṭa Koṇāsana and Baddha Koṇāsana.

With regard to:

1. Differences between them in terms of stress on the knees.
2. Differences between them in terms of stress on the lower back.
3. Differences between them in terms of effect on high blood pressure.
4. Differences between them as a preparation for runners.
5. Differences between them as a counterpose for runners.
6. Differences between them for a person with sciatica.