



Compare Ardha Utkāṣana and Bhujāṅgāsana in relation to the following situations:

1. In strengthening neck and arm muscles.
2. Potential stress on the sacroiliac joint.
3. Influencing the digestion.
4. Potential risk on the knees.
5. As a preparation for Dhanurāsana.
6. In helping with flat feet.
7. In improving elimination.
8. In decreasing lower back pain.