Benefits Of sirsasana

Relieves Stress. ...

Increases Focus. ...

Improves Blood Flow To The Eyes. ...

Increases Blood Flow To The Head And Scalp. ...

Strengthens Shoulders And Arms. ...

Improves Digestion. ...

Helps To Flush Out The Adrenal Glands. ...

Decreases Fluid Build-Up In The Legs, Ankles, And Feet.

 Benefits of Bakasana

It strengthens the wrists and arms.

It tones and strengthens the spine.

It gives a good stretch to the upper back.

It strengthens your inner thighs.

It opens up your groins in an effective way.

This asana tones up and strengthens the abdomen and abdominal muscles and organs.