Benefits of Parsvakonasana

Strengthens and stretches the legs, knees, and ankles.

Stretches the groins, spine, waist, chest and lungs, and shoulders.

Stimulates abdominal organs.

Increases stamina.

 Benefits of Bakasana (Crow Pose) strengthens the wrist, forearms, and abdomen while stretching your upper back. It improves balance and core strength. Mastering Crow builds your yoga confidence and opens the door to many more poses involving arm balance.