

**- Exercise**

## Calmer mind with Reverse Warrior Pose

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When it comes to sharing health tips, Malaika Arora is at the top of the chart. She posted about Reverse Warrior Pose (Viparita Virabhadrasana) and explained its benefits. “This pose allows for a freer deeper breath as it opens the side body and chest, releasing the tension in the muscles around the ribs. It will help you strengthen legs and mobility in the hips. This pose increases blood flow which helps reduce fatigue and calms the mind,” wrote the actor while sharing the way to do it.

