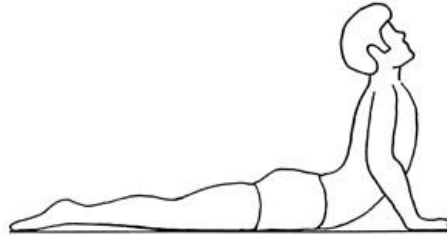


PRONE ASANA

Bhujangasana (The Cobra Pose)



Technique: Take prone lying position, legs together, toes together, pointing backwards, hands by the side of body, fingers together, palm facing down and forehead resting on the ground.

Fold hands at the elbow, place palm on the ground near each side of the shoulders. Bring chin forward and place it on the ground, gaze in front.

Raise chin and turn head backward as much as possible. Raise thorax turning spine backward up to navel.

Don't raise navel, maintain the posture for some time.

Then slowly bring the torso to the ground, and relax by folding the hands and resting the head on them.

Remember

- ✓ Fingers at the hands must remain together.
- ✓ Raise the torso slowly with the right breathing, put minimum weight on hands, and divide weight on spine and arms. Raise from upwards from the navel point and keep hips down on the floor
- ✓ While in final position, the thumbs should touch the chest near armpit. In the beginning weight remain on the hands.
- ✓ Remember to release the pose by lowering from the navel towards the head and not vice versa.

Physical Benefits

- ✓ Panacea (cure all) for the spine
- ✓ Increases spine flexibility
- ✓ Relieves back pain, lumbago (lower back pain) and curvature of the spine
- ✓ Helpful for treating sciatica
- ✓ Strengthens and tones the abdominal muscles
- ✓ Relieves muscular tensions and tones the muscles of the back
- ✓ Its practice tones the nerves and muscles of the heart and also the lungs
- ✓ Builds strength and corrects drooping shoulders
- ✓ Tones and firms the buttocks

Limitation:

- ✓ People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without the guidance of a competent teacher.