

INVERTED ASANAS

Halasana (Plough Pose)



Technique: Lie on the back, hands straight by the side of thighs, palm resting on the ground. Slowly raise legs together without bending at knee by pressing your hands down.

Hold the legs at an angle of 30° . After few seconds, raise your legs further up to 90° angle.

Then allow the legs to drop back gently till the feet touch the ground behind your head.

Taking support of your elbows hold the back in place with your palms.

To come out of the pose, lift the legs back to 90° and remove the hands slowly to gently lower the back to the floor.

Then lower the legs back to the mat and relax.

Remember

- ✓ Don't bend the knee while raising them up. Don't give jerk.
- ✓ After reaching at angle of 90° ahead carefully balancing your weight. Sometimes due to gravitational force, the legs may fall backward on the ground with jerk, therefore, control yourself.
- ✓ While stretching the legs backward balance your weight on the hands and also while returning use hands for balancing the weight.
- ✓ Do not forcibly bring the feet down behind the head. If you are not able to reach, hold them at a point comfortable to you or use support of a solid object to hold them in place.

Physical Benefits

- ✓ All regions of the spine are stretched bringing increased flexibility to the neck and spine
- ✓ Muscles of shoulders, back and arms are strengthened
- ✓ Relieves tension in the upper back and shoulders and highly therapeutic for backache
- ✓ Develops the abdominal muscles
- ✓ Increases flexibility of legs especially the hamstring

Limitation:

- ✓ Those suffering from cervical spondylitis or spinal injury should avoid.