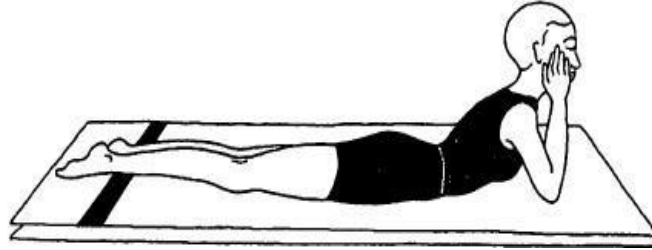


PRONE ASANA

Makarasana (Crocodile Pose)



Technique: Lie flat on the stomach. Raise the head and shoulders and rest the chin in the palms of the hands with the elbows on the floor. Keep the elbows together for a more pronounced arch to the spine. Separate the elbows slightly to relieve excess pressure on the neck.

In makarasana the effect is felt at two points: the neck and the lower back. If the elbows are too far in front, tension will be felt in the neck; if they are drawn too close to the chest, tension will be felt more in the lower back.

Adjust the position of the elbows so that these two points are equally balanced. The ideal position is when the whole spine is equally relaxed.

Relax the whole body and close the eyes.

Benefits

- ✓ This asana is very effective for people suffering from slipped disc, sciatica.
- ✓ Asthmatics and people who have any other lung ailments should practice this simple asana regularly with breath awareness as it allows more air to enter the lungs.

Limitation:

- ✓ Those with back conditions, such as exaggerated lumbar curve, should not practice this asana if any pain is experienced.