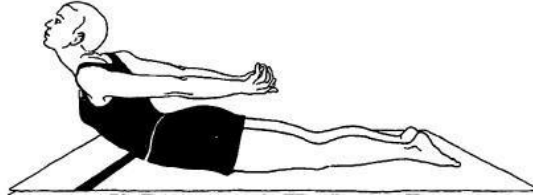


PRONE ASANAS

Sarpasana (Snake Pose)



Technique: Lie flat on the stomach with the legs straight and the feet together. Interlock the fingers and place the hands on top of the buttocks. Place the chin on the floor. This is the starting position.

Using the lower back muscles, raise the chest as far as possible from the floor. Push the hands further back and raise the arms as high as is comfortable. Imagine the arms are being pulled from behind.

Raise the torso as high as possible without straining. Squeeze the shoulder blades together and look to the front. Hold for as long as is comfortable.

Slowly return to the starting position and relax the whole body.

Release the hands and relax in makarasana with the hands folded under the head.

Benefits

- ✓ Basically the same benefits as for bhujangasana in addition sarpasana helps to correct the posture, particularly drooping shoulders, and has a profound strengthening effect on the back muscles.

Limitation

- ✓ People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without the guidance of a competent teacher.
- ✓ People with heart conditions and high blood pressure should not perform this asana.