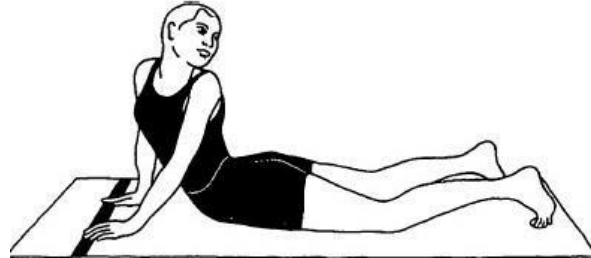


## PRONE ASANA

### *Tiryaka Bhujangasana (Twisting Cobra Pose)*



**Technique:** Come to the posture of bhujangasana then twist the torso to the left and turn the head to look over the left shoulder. Gaze at the heel of the right foot.

In the final position, the arms remain straight or slightly bend as the shoulders and trunk are twisted.

Keep the navel close to the floor. Stay in the final position for a few seconds.

Face forward again and repeat the twist on the other side without lowering the trunk. Return to the centre and lower the body to the floor

#### **Benefits:**

- ✓ Same as for bhujangasana, with increased influence on the arms and the abdominal organs.

#### **Limitation:**

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