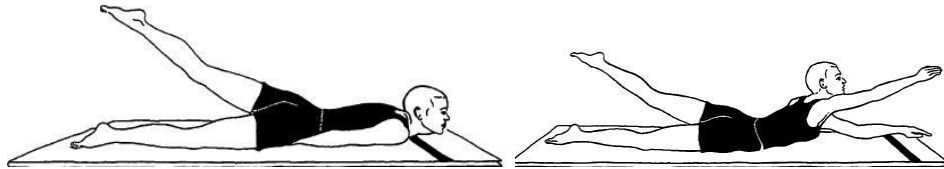


PRONE ASANAS

Ardha Shalabhasana (Half Locust Pose)

(Variation)



Technique: Lie flat on the stomach with the hands under the thighs, palms downwards or hands clenched. Keep both the legs straight throughout the practice.

Place the chin on the floor, slightly stretched forward, to give the best possible stretch to the neck muscles and nerves.

Using the back muscles, raise the left leg as high as possible, keeping the other leg straight, relaxed and in contact with the floor.

Retain the position for as long as is possible without strain. Do not tilt or twist the pelvis. Lower the leg to the floor.

Repeat the same movement with the right leg. Remember to keep the toes pointed back.

Benefits:

- ✓ Ardha shalabhasana is an excellent asana for the back and pelvic organs.
- ✓ It can release tension in the pelvic area.

Limitation:

- ✓ The clenching of fist should neither be too tight nor too loose.
- ✓ Hernia and cardiac patients should not perform Ardha Shalabhasana.
- ✓ The asana should not be practiced by expectant mothers.