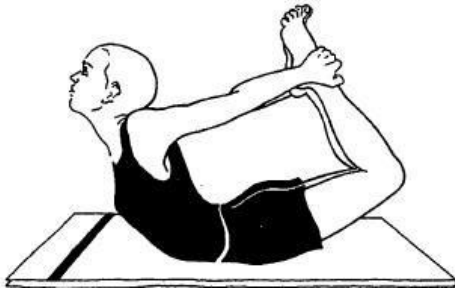


PRONE ASANAS

Dhanurasana (Bow Pose)



Parshwa Dhanurasana) Variation



Technique: Lie flat on the stomach with the legs and feet together, and the arms and hands beside the body. Bend the knees and bring the heels close to the buttocks. Clasp the hands around the ankles. Place the chin on the floor. This is the starting position.

Tense the leg muscles and push the feet away from the body. Arch the back, lifting the thighs, chest and head together. Keep the arms straight.

In the final position the head is tilted back and the abdomen supports the entire body on the floor. Engage the leg muscles completely to hold the pose.

Hold the final position for as long as is comfortable and then, slowly relaxing the leg muscles lower the legs, chest and head to the starting position.

Release the pose to relax in the prone position until the respiration returns to normal.

Benefits

- ✓ The liver, abdominal organs and muscles are massaged.
- ✓ The pancreas and adrenal glands are toned, balancing their secretions.
- ✓ Kidney function is improved and excess weight is reduced around the abdominal area.
- ✓ This leads to improved functioning of the digestive, excretory and reproductive organs and helps to remove gastrointestinal disorders, dyspepsia, chronic constipation and sluggishness of the liver.
- ✓ It is useful for the management of diabetes and menstrual disorders. It improves blood circulation generally.
- ✓ The spinal column is realigned and the ligaments, muscles and nerves are activated, removing stiffness.
- ✓ It helps to correct hunching of the upper back. It strengthens leg muscles, especially the thighs.
- ✓ Dhanurasana is useful for strengthening in the cervical and thoracic area, generally improving respiration.

Limitation:

- ✓ People who suffer from a weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers should not attempt this practice.
- ✓ This asana should not be practiced before sleep at night as it stimulates the adrenal glands and the sympathetic nervous system.