

INVERTED ASANAS

Karnapidasana (Knee to Ear Pose)



Technique: First we come to the point where we do Halasana or The Plough Pose. Be comfortable in the pose and then go further.

Now slowly flex your knee joint in that pose, bring the right knee closer to the right ear and then left knee near the left ear.

Both the knees should now be resting on the floor near the sides of respective ears.

One can keep the hand on the back or the lower ribs or interlock them stretching away from the body.

Keep the toes stretched out and keep both heels together.

Remain in that position for at least 4 to 5 breaths in the beginning and gradually increase the duration.

Benefits

- ✓ An excellent position that can help stretch the spine.
- ✓ Increases the circulation of blood around the waist line, thus a great pose for many conditions around that area.
- ✓ Increase of appetite, good digestion and excellent bowel moments can be seen after one does this pose.

Limitation

- ✓ All the cautions that are exercised for the pose of the Plough are to be employed for this pose too. Try to do this pose with the help of your teacher or guide when doing for the first time.