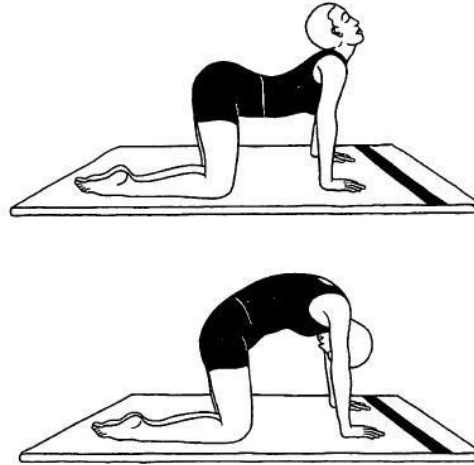


SITTING ASANAS

Marjari-Asana (Cat Pose)



Technique: Sit in vajrasana. Raise the hips from the heels and stand on the knees. Lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward. The hands should be in line with the knees; the arms and thighs should be perpendicular to the floor. The knees may be slightly separated so that they are well aligned under the hips. This is the starting position.

Inhale while raising the head and depressing the spine so that the back becomes concave.

Expand the abdomen fully and fill the lungs with the maximum amount of air. Hold the breath for 3 seconds.

Exhale while lowering the head and stretching the spine upward. At the end of exhalation, contract the abdomen and pull in the buttocks.

The head will now be between the arms, facing the thighs. Hold the breath for 3 seconds, accentuating the arch of the spine and the abdominal contraction.

Benefits

- ✓ This asana improves the flexibility of the neck, shoulders and spine.
- ✓ It gently tones the female reproductive system, giving relief from menstrual cramps and leucorrhea.

Limitation:

- ✓ It may be safely practiced during pregnancy forceful contraction of the abdomen, however, should be avoided.