

INVERTED ASANAS

Matysyasana (Fish pose)



Technique: Lie Supine keeping the legs together and hands above the head region ie., from toes to head the entire body in a straight line.

Bend the right leg and keep the right foot on the left thigh. Bend the left leg then keep the left foot on the right thigh, thus assuming padmasana.

Place the palms on the floor above the shoulders, on either side of the head, fingers pointing to the shoulders.

Then press the palms on the floor, lift the head, neck and back off the floor. Keep the centre of the crown of the head on the floor by bending the dorsal and cervical spine backwards.

Remove the hands and hook the big toes with the index fingers. Release the palms then place them on the floor above the shoulder.

Press the palms and remove the centre of the crown of the head on the floor, then keep it properly on the floor.

Unfold the left leg. Unfold the right leg, come back to the sthithi.

Hold the back up balancing the head on the crown, in such a way that the level of the heart is higher than the head.

Benefits:

- ✓ Best complimentary to sarvangasana.
- ✓ Very good for diabetes, asthma and lung diseases

Limitation:

- ✓ Patients of hypertension and cervical spondilites should avoid.