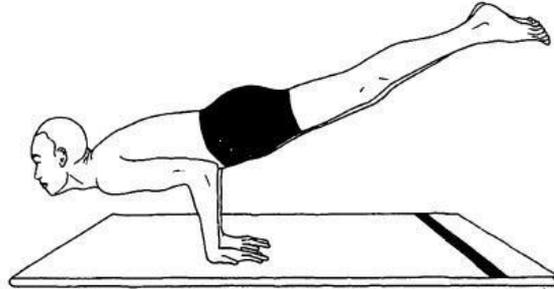


## ADVANCED ASANAS

### Mayurasana (Peacock Pose)



**Technique:** Kneel on the floor. Place the feet together and separate the knees. Lean forward and place both palms between the knees on the floor with the fingers pointing towards the feet.

The hand position will have to be adjusted according to comfort and flexibility. Bring the elbows and forearms together. Lean further forward and rest the abdomen on the elbows and the chest on the upper arms.

Stretch the legs backward so they are straight and together. Tense the muscles of the body and slowly elevate the trunk and legs so that they are horizontal to the floor. Hold the head upward.

The whole body should now be balanced only on the palms of the hands. Try to elevate the legs and feet higher, keeping them straight by applying more muscular effort and by adjusting the balance of the body. Do not strain.

In the final position, the weight of the body should be supported by the muscles of the abdomen and not the chest.

Maintain the pose for a short period of time, then slowly return to the base position. This is one round.

The asana may be repeated when the breathing rate has returned to normal.

### **Benefits**

- ✓ It stimulates the elimination of toxins from the blood, assisting the removal of skin conditions such as boils.
- ✓ All the digestive organs are massaged, and intestinal peristalsis is stimulated.
- ✓ It is useful in managing flatulence, constipation, diabetes and sluggishness of the liver and kidneys.
- ✓ It harmonizes the glands of the endocrine system, develops mental and physical balance, strengthens the muscles of the whole body and develops muscular control.

- ✓ In particular, the toxins accumulated in the body are burnt, bringing the three doshas or humours: vata, wind, kapha, phlegm, and pitta, bile, into balance and harmony.

### **Limitation**

- ✓ Mayurasana should not be practiced by people with high blood pressure or any heart ailment, hernia, peptic or duodenal ulcer.
- ✓ This pose should not be attempted if there is any sign of illness or physical weakness.
- ✓ Pregnant women are strongly advised not to practice this asana.
- ✓ Cautions for inverted postures apply.