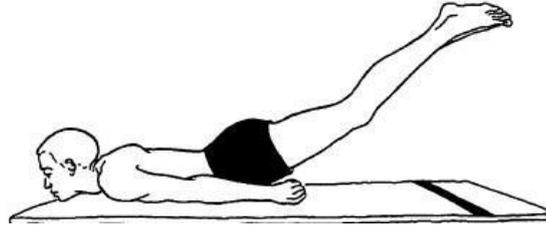


PRONE ASANAS

Shalabhasana (Locust Pose)



Technique: Lie flat on the stomach with the legs and feet together and the toes pointed back. The arms may be placed either under the body or by the sides, with the palms downward or the hands clenched. Stretch the chin slightly forward and rest it on the floor throughout the practice. Close the eyes and relax the body. This is the starting position.

Slowly raise the legs as high as possible without straining, keeping them straight and together.

The elevation of the legs is produced by applying pressure with the arms against the floor and contracting the lower back muscles.

Hold the final position for as long as is comfortable without strain.

Slowly lower the legs to the floor.

Benefits

- ✓ Shalabhasana strengthens the lower back and pelvic organs, and provides relief from backache, mild sciatica and slipped disc as long as the condition is not serious.
- ✓ It tones and balances the functioning of the liver, stomach, bowels and other abdominal organs, and stimulates the appetite.
- ✓ It tightens the muscles of the buttocks and causes the body to do vajroli mudra spontaneously.

Limitation:

- ✓ Shalabhasana requires a great deal of physical effort, so it should not be practiced by people with a weak heart, coronary thrombosis or high blood pressure.
- ✓ Those suffering from peptic ulcer, hernia, intestinal tuberculosis and other such conditions are also advised not to practice this asana.