

SITTING ASANAS

Ustrasana (Camel Pose)



Technique: Begin by sitting in the Vajrasana. Now raise the hips away from the heels and come to the kneel down position.

Keep the back straight. Inhale as you slowly bend backwards reaching your soles and holding them firmly with the hands.

Stay in the pose with closed eyes. Release the pose by releasing the soles and coming down to sit on the heels.

Benefits

- ✓ This asana is beneficial for the digestive and reproductive systems.
- ✓ It stretches the stomach and intestines, alleviating constipation.
- ✓ The backward bend loosens up the vertebrae and stimulates the spinal nerves, relieving
- ✓ backache, rounded back and drooping shoulders.
- ✓ The posture is improved. The front of the neck is fully stretched, toning the organs in this region and regulating the thyroid gland. It is helpful for people suffering from asthma.

Limitation:

- ✓ People with severe back ailments should not practise this asana.