

ŚAŚAKĀSANA (The Hare Posture)

Śaśaka means hare. The body in this pose resembles the hare, hence the name.

Sthiti: Daṇḍāsana.

Technique

- ◆ Sit in Vajrāsana.
- ◆ Spread both the knees wide apart, keep the big toes touching.
- ◆ Inhale keep the palms between the knees.
- ◆ Exhale, bend forward with arms outstretched and place the chin on the ground.
- ◆ Keep the arms parallel.
- ◆ Look in front and maintain the posture.
- ◆ Come back to Vajrāsana.
- ◆ Come to Daṇḍāsana and rest in Viśrāmāsana.



Benefits

- ◆ Helps to reduce stress and anxiety.
- ◆ Tones up reproductive organs, relieves constipation, improves digestion and helps to relieve back pain.

Caution

- ◆ Please avoid this posture in case of acute backache.
- ◆ Patients with osteoarthritis of the knees should avoid Vajrāsana.

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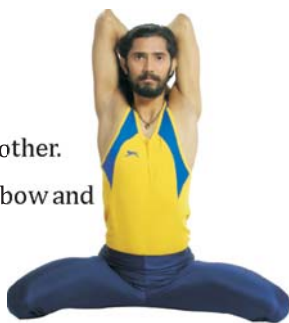
UTTĀNA MAṆḌŪKĀSANA (Stretched up-frog posture)

Uttāna means upright and *Maṇḍūka* means frog. The final position of *Uttāna Maṇḍūkasana* resembles an upright frog, hence the name.

Sthiti: Daṇḍāsana.

Technique

- ◆ Sit in Vajrāsana
- ◆ Spread both the knees wide apart while big toes touching each other.
- ◆ Raise your right arm, fold it from elbow and take it backward above the left shoulder and place the palm on the left shoulder blade.
- ◆ Now fold left arm similarly and place the palm on the right shoulder blade.
- ◆ Maintain the position for a while, then come back slowly in the reverse order.
- ◆ Relax in Viśrāmāsana.



Benefits

- ◆ This āsana is helpful in back and neck pain especially cervical spondylosis.
- ◆ Improves the diaphragmatic movements and lungs capacity.

Caution

- ◆ Person with severe knee joint pain should not perform it.

VAKRĀSANA (The Spinal Twist Posture)

Vakra means twisted. In this *āsana*, the spine is twisted which has a rejuvenating effect on its functioning.

Sthiti: Daṇḍāsana

Technique

- ◆ Bend the right leg and place the right foot beside the left knee.
- ◆ Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- ◆ Take the right arm back and keep the palm on the ground with the back straight.
- ◆ Exhale, twist your body to the right.
- ◆ Remain in the posture for 10-30 seconds with normal breathing and relax.
- ◆ Inhale take out your hands and exhale to relax.
- ◆ Repeat the same on the other side.

Benefits

- ◆ Helps to increase flexibility of the spine, Stimulates pancreas functions and helps in the management of diabetes.

Caution

- ◆ Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.



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C. PRONE POSTURES

MAKARĀSANA (The Crocodile Posture)

In Sanskrit, *Makara* means crocodile. In this *āsana*, the body resembles the crocodile, hence the name.

Sthiti: Prone relaxation posture

Technique

- ◆ Lie down on your stomach with feet wide apart, toes pointing outward.
- ◆ Bend both the arms and place the right palm on the left palm.
- ◆ Place the head either left or right on your hands.
- ◆ Keep the eyes closed and relax the whole body. This is Makarāṣana.
- ◆ This āsana is practiced for relaxation in all prone postures.



Benefits

- ◆ Promotes relaxation of the whole body.
- ◆ Helps in recovery of back problems.
- ◆ Indicated to counter stress and anxiety.

Caution

- ◆ Avoid this practice in case of pregnancy and frozen shoulders.

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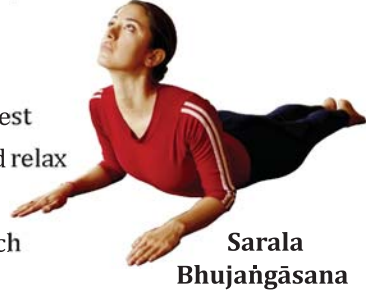
BHUJAṄGĀSANA (The Cobra Posture)

Bhujaṅga means snake or cobra. In this *āsana*, the body is raised like the hood of the snake, hence the name.

Stithi: Prone posture or Makarāsana

Technique

- ◆ Lie down on your stomach, rest your head on your hands and relax the body.
- ◆ Now join your legs and stretch your arms.
- ◆ Keep the forehead on the ground.
- ◆ Now place your hands just beside the body; keep palms and elbows on the ground.
- ◆ As you inhale slowly, lift the head and chest up to navel region without changing in the position of hands.
- ◆ Stay there comfortably.
- ◆ This is called Sarala Bhujaṅgāsana.
- ◆ Now come back and place your forehead on the ground.
- ◆ Keep your palms besides the chest and raise your elbows where they are.
- ◆ Inhale, slowly lift the head and chest up to navel region.
- ◆ Keep the elbows parallel and maintain the posture for 10-30 seconds with normal breathing.
- ◆ This is Bhujaṅgāsana.
- ◆ Exhale, rest your forehead on the ground, come back to Makarāsana and relax.



Note:

- ◆ Keep the legs firm so that no load or strain is felt on the lumbar spine.

Benefits

- ◆ This *āsana* relieves stress, reduces abdominal fat and relieves constipation.
- ◆ Helps to relieve backache and bronchial problems.

Caution

- ◆ Those who have undergone abdominal surgery should avoid this *āsana* for 2-3 months.
- ◆ Those who suffer from hernia, ulcers should not practice this *āsana*.

ŚALABHĀSANA (The Locust Posture)

Śalabha means a locust.

Sthiti: Prone posture or Makarāsana

Technique

- ◆ Lie down on your stomach in *Makarāsana*.
- ◆ Rest the chin on the floor, keep both hands beside the body, palms facing upwards.
- ◆ Inhale, raise the legs off the floor as much as you can without bending the knees.
- ◆ Extend the arms and legs well to ease lifting the body off the floor.
- ◆ Stay in this position for 10-30 seconds breathing normally.
- ◆ Exhale, bring the legs down towards the floor.
- ◆ Rest for a few seconds in *Makarāsana*.

Note:

- ◆ Pull up the knee caps and squeeze the buttocks to improve the posture. This *āsana* is more beneficial when performed after *Bhujāṅgāsana*

