

BOW POSE

- Lie flat on your stomach and bend your knees.
- Reach back and take hold of your ankles with both hands.
- Holding your ankles, extend your heels up to the ceiling.
- Keeping the shoulder blades down, away from the neck, lift your head and chest from the floor.
- Using your arms, pull your legs so your thighs rise off the floor.
- Breathe rhythmically while holding this position.

Benefits

- Increases strength and flexibility along the entire length of your spine.
- Stretches the neck, shoulders, arms and legs.
- Improves digestion and helps regulate the pancreas.
- Massages the digestive organs, relieving constipation.
- Expands the thoracic region of the chest.
- Opens up the rib cage to maximum, expands the lungs.

Beginners Advice

- Give your legs a little upward boost by lying with your thighs supported on a rolled-up blanket.
- If you are unable to reach your ankles with your hands, use straps or get someone to help you.
- Practice one side at a time until you increase your flexibility.

Challenge

- Perform the pose with your thighs, calves and inner feet touching.
- Have as little of your body in contact with the floor as possible.
- Hold the posture for 10-30 seconds, working up to one full minute or more.
- Breathe in and lift breath out and lengthen.

Adjustments / What to look for

- Make sure you keep your shoulders straight.
- Arch your body as much as possible.
- The weight of the body should be more on the abdomen than on the hips. To shift your weight from the hips, try lifting your knees higher, pushing into your hands with your feet.

