

Practical 19



Backward Bending Asanas

Backward bending asanas stretch the abdominal muscles and tone and strengthen the muscles around the spine.

Aim

To perform the Bhujangasana and Ardhashalabhasana.

After completion of this practical, you will be able to perform and demonstrate these asanas in appropriate format.

Requirements

- Yoga mat -1
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

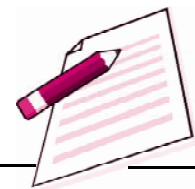
Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

1. Bhujangasana (The Cobra Pose)

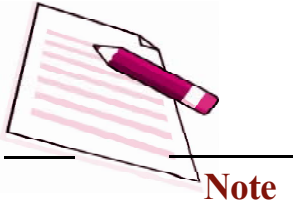
Method

- Lie flat on the stomach, with legs straight, heels and toes together and soles of the feet uppermost.
- Keep palms of the hands flat on the floor, below the shoulder joints and finger pointing forward. Rest the forehead on the floor and close the eyes. Relax the whole body. This is the starting pose.
- Slowly raise the head, neck, shoulder and the trunk with inhalation as high as possible.
- In the final position, the pubic bone and hip bone remains in contact with the floor and navel slightly up about 3 cm. The arms may or may not be straight. This will depend on the flexibility of the back.



Note





Note



Fig. 19.1: Bhujangasana

- To return to the starting position, slowly release the upper back, lower the navel, chest, shoulder and finally the forehead to the floor, relax lower back. This is one round and practice 3 to 5 rounds.

Breathing – Inhale while raising the torso, breath normally at the final positions and exhale while lowering the torso.

Contraindications

People suffering from peptic ulcer, hernia, hypertension, hyperthyroidism should perform under expert guidance.

Benefits

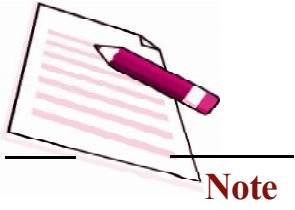
This asana is good to relocate slipped disc, removes back pain and keep spine healthy. It stimulates the appetite, manages constipation and is beneficial for all the abdominal organs especially liver and kidney.

2. Ardha Salabhasana (Haly Locust Pose)

Method

- Lie flat on the stomach with hands under the thighs, both legs straight throughout the practice. Chin on the floor slightly stretched forward
- With the help of back muscle, raise the left leg as high as possible but don't bend the knees. Other leg should be straight, relaxed and in contact with the floor. Do not tilt or twist the pelvis. Hold the position for comfortable length of time without strain.





Remarks

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(Signature of the Instructor)

