

Pranayama

The Fishing Rod

Starting Position: sitting with your legs crossed in either Easy Pose (*Sukha Asana*) or Lotus Pose (*Padma Asana*).

While inhaling, push your head back, creating the feeling of a compressed spring.

When you exhale, your torso comes straight forward, as if you were being pushed from the back of the head. Your glutei remain on the ground; only in the final phase round the torso and move the chin towards the chest. Your exhalation is strong and continuous and lasts exactly as long as the forward movement of the torso.

While inhaling, straighten the torso and gently push the head backwards.

Start by practicing 5-7 breaths and then gradually increase up to 21 breaths.



Contraindications: dizziness, labyrinthitis, slipped disc, significant cervical arthrosis, heart troubles.

Benefits: this exercise mostly teaches complete exhalation. It also increases mobility of the spine, helps to relieve many kinds of tension and enhances your will and the capacity to choose.