

Asana

Bow Pose

Dhanur Asana

Starting Position: prone with your hands alongside your torso, palms facing upwards.

Bend your knees and grasp your ankles. Place your big toes in contact with each other, without applying excessive pressure. This is used to maintain symmetry and is not compulsory; it is merely useful for a practitioner learning the asana and for those with a curvature of the spine.

As you exhale, clench your glutei and lift your torso, head and legs upwards. The glutei perform the primary action; your arms sustain your body and provide secondary traction. It is possible to hold your legs from a lower position, moving your hands downwards (a little towards your knees).



Keep your head held high as well as your gaze, with the upper part of your cranium directed towards the ceiling. Your breath directs toward the points where the body is pressing against the floor. It is possible to rock your body, but only with the help of the breath, not by using your arms.

Hold this pose for a minimum of 20 seconds and up to 120 seconds.

Attention: it is very important to lengthen the lower back before arching in order to avoid vertebral compression. Sensation and not willpower should guide the movement. Always perform Child's Pose (Bala Asana) after Bow Pose for at least 30 seconds.

Contraindications: disc problems (hernias, protrusions), abdominal ulcers; avoid during pregnancy.

Benefits: unclenches and strengthens diaphragm; increases gastric fire; develops elasticity and strengthens glutei and back. Increases will and concentration.