

Asana

Cobra Pose 1

Saral Bhujanga Asana

Starting Position: prone, pubic bone grounded, heels together.

Place the palms of your hands on the ground, on the sides of the torso (fingertips in line with the shoulders); your arms remain passive for the whole time that you are assuming the posture.

The movement of energy comes from your heels up to the back of your head, like a slowly rising wave that induces progressive contraction. After the action on the lower limbs, carefully clench your glutei completely inwards as well as the pelvic floor. A complete contraction of the glutei and the activation of Mula Bandha are fundamental to the pose.

Only after this and without any interruption of the energy flow, begin to raise your back. After achieving the final posture, your weight is unloaded onto your arms. The line of the back of your head remains aligned with your spine.

Your gaze is directed towards your forehead but the head does not arch back; your breath is directed towards the point where your abdomen touches the ground. It is advisable to move slowly during both the moving in and moving out phase of the pose.



Contraindications: none; exercise caution if suffering from acute slipped discs, lower back pain or sciatica.

Benefits: tones the perineal region, glutei and back; activates kidneys and the digestive/nervous systems; useful in cases of irregular menstrual cycles and disturbances in the uro-genital region; on the psychic level, it helps overcome timidity, laziness and inhibitions.