

Asana

Deer Pose

Starting Position: sit with your legs outstretched, and your feet hip width apart.

Bring the left foot close to the right. Then bend the right knee, bring the right foot next to the left gluteus and the right knee on top of the left knee.

Breathe deeply, and while pushing down the sit bones, stretch your torso upwards. Pull your abdomen in and bend forward from the hips, bringing the torso onto your leg, trying to place your chin beyond the knee.

Try to stretch the torso actively but delicately for a couple of breaths.

During the passive phase, release tension and let gravity do the work, all the while seeking a deeper relaxation.

Practice for at least 2 minutes and up to 7 minutes. Repeat on the other side.



Contraindications: slipped or herniated disc.

Benefits: true miracle cure for lumbar region troubles and sciatica; it can also be used (with great caution) during the acute phase of such complications.