

Asana

Camel Pose

Ustra Asana

Starting Position: Thunderbolt Pose (Vajra Asana)

Rise from Thunderbolt Pose to kneeling, maintain balance and then clench the glutei inward; apply Mula Bandha.

Visualizing the forward movement of the hips helps perform the arch. Keep the chin towards chest until a complete dorsal arch is achieved. It is possible to place hands on pelvis, with thumbs or fists applying pressure near the spine.

Jaw is relaxed; arching is performed preferably when inhaling (not peremptory). Chin moves backwards only after dorsal arching is complete.

Maintain attention on the sacrum region and on the forward thrust of hips.



Return to starting position by bringing the arms forward when breathing in.

Breathing favours the posture's design: it starts low and is perceived along the anterior line of the body and a completely relaxed neck. It is also okay to perceive the breath that pushes on the sacrum.

The position can be maintained from a minimum of 30 seconds up to a maximum of 2 minutes.

Contraindications: discopathy, slipped discs, abdominal and groin hernias (because the diaphragm moves downwards and pushes ligaments from inside when inhaling); disc protrusion, labyrinthitis, knee related troubles. If suffering from problems in the knees, start from the upward position, without moving up and down.

Benefits: has a beneficial effect on urogenital system, breathing and circulation; strengthens the back; useful to prevent and reduce menstrual pain; helps against laziness and shyness, strengthens will and stabilizes concentration.