

Asana

# Cobra Pose 2

*Bhujanga Asana*

**Starting Position:** prone, hands on the side of your torso.

The movement of energy is from your heels to the back of your head; activate a progressive contraction from your heels to your lower limbs including a progressive and total closing of the glutei, together with Mula Bandha.

With the contraction of the dorsal muscles, extend your back (keep your shoulders low before initiating the movement). When the dorsal movement is almost complete, keeping your shoulders low, begin to extend your arms increasing the dorsal extension until it is possible to do so without effort.

Your chin remains flexed in a forward direction and only lifts at the conclusion of the dorsal arch, moving away from the chest. Have an anterior perception of breathing with your gaze directed forwards.

If the position is maintained for more than a minute, the entire body will gradually become completely relaxed.



**Contraindications:** slipped discs, hyperlordosis of the lumbar region, acute lower back pain, sciatica, insomnia.

**Benefits:** a stimulating Asana that favours purification of the body and regulation of excess weight; renders attentive and determined; all the benefits of Cobra Posture 1.