

Asana  
**Half Fish Pose**

*Ardha Matsya Asana*

**Starting Position:** supine.

Place hands under glutei (in the lower part if possible). Sliding them towards the feet, bring elbows closer and use them as levers to lift the trunk and extend it so as to especially open the chest region.



Complete the extension by moving the head back; there is no contact between the top of head and ground yet.

While sliding in the direction of the head without changing the extension of the trunk, place the top of the skull on the floor.



Breath opens sternum area and the solar plexus; it is deep and calm and perceived especially on the sides and in the front. Hold pose for at least 30 seconds and up to 180 seconds.

**Contraindications:** cervical osteoarthritis, labyrinthitis. This pose is to be executed with great care; in particular it is essential to keep shoulders low and towards the hips and to avoid overloading the neck.

**Benefits:** has a rebalancing action on the thyroid gland; favours body purification; strengthens back; has an anti-aging action.