

Asana

# Crocodile Pose

*Nakra Asana*

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

Lift your body a few centimetres off the ground; keep your upper arms aligned with your torso at a 90 degree angle (or slightly less) to your forearms.

Your heels point backwards as if they were pushing a spring. Your body slides forwards and backwards; abdominal control is precisely directed and maintained for the entirety of this exercise.

Allow for natural breathing.



At the end of a complete inhalation, spring forward by jumping 3, 5 or 7 times; every jump corresponds to a divided exhalation; if possible, continue until your exhalation is complete.

**Contraindications:** weak wrists.

**Benefits:** this pose strengthens your arms, shoulders and the rest of your body; provides agility and good global perception; on a psychological level, it increases self-confidence and improves decision-making.