

Asana

# Plough Pose

*Hala Asana*

**Starting Position:** supine; check for body alignment; in particular make sure your neck and head are in line with the rest of your body. The pose can also be performed in continuum with *Sarvanga Asana*.

Lengthen the cervical region; bend your head downwards while keeping the alignment with your body and direct your gaze towards your belly button.



Lift your legs upwards until they are vertical, forming a 90 degrees angle with the ground. Maintain for three breaths.

Move your legs backwards until they are parallel to the floor. Maintain for three breaths.



Lower your toes above and behind the head until they reach the floor. During the pose, the manubrium of the sternum is in contact with your chin. Your breathing should be internal and light; let your diaphragm relax to avoid any feeling of suffocation.

An interesting variation is the one where the arms are stretched behind the head and the feet are placed on your open hands.



In another variation, your knees are allowed to fall towards the ground and the pose is held with a completely relaxed body. This variation takes the name *Karna Pida Asana*. Do not force the movement of your knees towards the ground. In this pose, your breathing is even subtler than in the previous variation.

When coming out of the pose, move in the opposite direction with the same timing, moving back through the stages used to enter the posture. When you arrive in supine relax completely for at least 30 seconds.

Progressively hold the pose for longer periods of time, up to 30 minutes, always in a state of complete conscious relaxation. Place a thin support under your neck and shoulders to avoid pain in that area.

**Contraindication:** considerable blood pressure imbalances; respiratory troubles; heart weakness; abscesses and inflammation in the head and neck regions; glaucoma; cataract; cervical arthritis and cervical herniated discs, aneurysm.

**Benefits:** intense and significant action on the nervous system and strong antidepressant effect; acts as a source of euphoria. Balances the three upper Chakras, increases memory and concentration.