

Pose of the Week 1-19-08

Cobra



Bhujangasana

boo-jang-GAHS-anna

bhujanga = serpent, snake

Cobra pose is a backbending pose. As with other backbends, cobra releases negative energy, invigorates, stretches the front of the body, and strengthens the back of the body.

- Opens chest
- Strengthens Back
- Tones abdominal organs

Primary Muscles – Serratus Anterior, Triceps, Glutes, Hamstrings, Back muscles. Letting go – Rectus Abdominus

Variations – Hands laced together behind back. In the vinyasa and sun salutation, cobra can be used in place of upward facing dog.

Tips –

- Hands under shoulders
- Lengthen to create space in the low back
- Shoulders roll down and back
- Keep elbows bent back and arms in near body
- Belly stays on the floor
- Neck long and in line with the spine
- Explore lifting hands off the floor to find the correct backbend

Like a snake sheds its skin, / release those things / do not need.



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