

## LEARN YOUR POSE

# Salabhasana- Locust Pose



### LOCUST POSE

[Salabhasana](#) strengthens and increases flexibility throughout the entire back of the body, including the spine, legs, buttocks, and all of the muscles surrounding your ribs and upper torso. [Locust Pose](#) is the best yoga pose to strengthen the abdominal muscles and the chest.

By lifting the front of your torso, you deeply stretch the front upper torso. This helps to open the lungs improving their breathing capacity. The same movement further improves posture and helps relieve stress and fatigue caused by drooping forward.

Also, lying on your belly exerts pressure that positively stimulates your internal organs. This helps to improve the digestive system.

### HOW TO DO

- Lie on your belly with your legs straight.
- Place your arms at your sides with palms up, your chin gently resting on the floor. Without lifting your legs or head, begin stretching forward through the top of your head and back via your toes.

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- As your body lengthens, the major back muscles, including your [erector spinae muscles](#) ( Three parallel running muscles groups) are activated. Thus creating a stable base of support. Slowly lift your head, shoulders, and legs (together) off the ground.
  - Keep breathing while feeling elongation and elevation in your back and stomach area.
  - Now lower your head, shoulders, and legs to the floor simultaneously in order to exit the pose.
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Yogarsutra