

LEARN YOUR POSE

DHANURASANA A.K.A. BOW POSE



How to do Dhanurasana a.k.a Bow Pose

- Lie flat on your stomach, keeping your feet hip-width apart and your arms beside your body.
- Spend a few breaths in Cobra Pose.
- With an inhale, raise your feet away from the ground and gently fold your knees to reach and hold your ankles.
- Inhale, and lift your chest and legs off the ground. Pull your legs back.
- Look straight and try to remain stress-free.
- Hold and sustain your breath.
- Be comfortable in the BOW, breathe long and deep.
- Furthermore, you can rock and cradle pivoting on the floor and stomach touching point.