

## LEARN YOUR POSE

### USTRASANA A.K.A. CAMEL POSE



- Kneel on the floor with your knees hip-width and thighs perpendicular to the floor.
- Rotate your thighs inward slightly, narrow your hip points, and firm but don't harden your buttocks.
- Imagine that you're drawing your sitting bones up, into your torso. Keep your outer hips as soft as possible. Press your shins and the tops of your feet firmly into the floor.
- Place your hands on the upper part of the buttocks to support your torso during the transition.
- Inhale and lift your heart by pressing the shoulder blades against your back ribs.
- Start leaning back as much you can. Neither straining nor losing balance. Ensuring a firm tail bone and shoulder blades.
- Again continue with hands on hips to support and breath.
- Next, from your left hand try reaching out to the heels of the same side.
- Can you? Well, breathe and repeat on the right side.
- Slightly bend your neck and then crown too, back so that the chin goes away from the collar bones.

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Yogarsutra