

LEARN YOUR POSE

Anahatasana AKA Puppy Pose AKA Melting Heart Yoga Pose



Figure 1:@YogaBar

Through the practice of Heart melting yoga posture or Anahatasana, you can understand the real significance of heart and can open it to noble and liberating feeling. You can see the Anahatasana as a cross between the Balasana (child pose) and Adho Mukha Svanasana (downward facing dog posture). Anahatasana is a mystical [yoga](#) pose that strengthens the physical, mental, and spiritual health of the practitioner.

How to Do

- Start from Vajrasana.
- Exhale, bend forward and rest your forehead on the ground. Keep your neck relaxed.
- Extend the arms in front alongside the body and place the palms beyond the head on the floor.
- Now, move your hips upward and straighten your spine.

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- Rest your chest on the yoga mat while the keeping the stomach lifted up.
- Initially, hold for 30-60 seconds, gradually increase the time for 2 minuts.
- To release, Exhale and lower your hips, and flow back to child pose. Stay here for few breaths.

Benefits of Anahatasana

Stretches the Spine

The spine is the central nervous system of our body. It is connected to various integral organs. The spinal cord is responsible for running the nervous system, for giving us greater mobility, for correcting the posture, and for maintaining the health of body tissues. Poor spinal health degenerates the functioning of body organs and quality of life. The Anahatasana stretches the spine that makes it strong, supple, and helps it to function properly.

Calms the Mind

The hectic office schedule, the exhausting household chores, managing relationships leave our body and mind in a poor state of health. It seems like stress, anxiety, and tensions have taken a permanent place in our lives. But, with a heart-melting pose, we can burst the stress bubble and varying problems of our life. The act of resting the head on the floor provides a soothing effect and calms the body and mind.

Strengthens Our Respiratory System

Respiratory diseases range from influenza, bacterial infections to chronic diseases like asthma, obstructive pulmonary disorder, etc. One of the health benefits of Anahatasana is its ability to expand the chest and to cure the respiratory problems. A regular practice of heart melting pose shall greatly benefit your respiratory system.

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Beneficial for Shoulders

Fix the stooping shoulders through a committed performance of heart-melting yoga posture. The pose effectively opens and corrects the roundness in the shoulders and provides a perfect posture while preventing shoulder injuries.

Activates the Anahata

The Anahatasana opens the heart chakra (also known as Anahata) and facilitates a deep immersion in delightful and beautiful feelings. It is the divine chakra within which the flame of life resides. When the heart chakra is opened, we experience boundless love, radiating relationships, and infinite pleasure.