

Camatkarasana AKA Wild Thing Yoga Posture



Figure 1 Camatkarasana@Giam

Poetic translation of Camatkarasana means "the ecstatic unfolding of the enraptured heart."

This magic and invigorating pose (Sanskrit name; Camatkarasana) is a bunch of goodness in one. It opens the **chest and the heart, builds strength, stretches the hips and hip flexors, energises, provides a nice lead to other backbends and is a nice balancing pose** as well. This pose teaches you to let go, to be open, to expand and at the same time encourages you to feel yourself grounded and connected to earth.

LEARN YOUR POSE

How to Do

- Begin in downward facing dog.
- Raise your right leg up and bend your knee and stack right hip over your left. Keep your core engaged.
- Shift your weight into your left hand.
- Roll to the pinky toe side of your grounded (left) leg.
- At the same time, gently lower your right foot toward the ground behind you.
- Slowly lift your right hand off the ground and bring it to your heart center.
- Let the ball mound of your right foot connects to the ground.
- Press down to lift your hips and chest toward the ceiling. The right knee stays bent while the left leg is extended.
- Press down into the knuckles of your grounded hand and draw your shoulder blades toward each other and away from your ears.
- Option to take your gaze in the opposite direction of your extended leg.
- Unwind back to downward facing dog.
- Repeat on the other side.

Benefits of Wild Thing Pose

PHYSICAL BENEFITS:

- Expands chest, shoulders and throat thus helps to open both ***heart and throat chakras***.
- Opens the **hips and hip flexors**.
- Stretches and strengthens the back.

ENERGETIC BENEFITS:

- Energizes body and mind.
 - Cultivates feelings of universal love, compassion, and acceptance.
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