

## LEARN YOUR POSE

### Reverse Plank AKA Purvottanasana



Figure 1: Reverse Plank@Gaia

Reverse Pose is an intermediate back-bending yoga pose that builds strength and flexibility. It is sometimes used as a **counter-pose to forward folds, such as Seated Forward Fold (Paschimottanasana), and full-body, strength-building poses, such as [Four-Limbed Staff Pose \(Chaturanga Dandasana\)](#).**

#### Other names of Reverse Plank Pose-

- Upward Plank
- Inclined Plane
- Inclined Plank
- Upward Plane

However, the Sanskrit name for this pose, "Purvottanasana" (PUR-voh-tun-AHS-uh-nuh), translates to "**Intense East Stretch.**"

#### How to Do

- Begin by sitting on the floor with your legs extended in front of you and your arms resting at your sides in [Seated Staff Pose \(Dandasana\)](#).
- Bring your hands several inches behind your hips.

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- Now rotate your palms so your fingertips point in towards your hips.
- Keep your hands shoulder-distance apart.
- Externally rotate your upper arms as you press your hands down firmly into the mat.
- Draw your shoulder blades firmly into your back and allow your chest to lift naturally.
- On an inhalation, press your hands and feet down firmly and lift your hips up toward the ceiling (see pic).
- Keep your chest lifting and your spine in one straight line.
- Work toward pressing the soles of your feet into the floor while keeping your legs straight and firm. Do not squeeze your buttocks.
- Hold for up to 30 seconds. To release, slowly lower your hips to the [mat](#). Come back to Dandasana with an exhalation.

### Benefits of Reverse Plank

#### Physical Benefits:

Opens the **chest and shoulders**.

Builds and tones the core muscles.

Counters forward-facing tasks like **sitting at a desk, driving, and looking at a phone**.

#### Energetic Benefits:

Releases tension from the body.

Relieves **fatigue and stress**.

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