

Learn Your Pose

Crocodile Pose 🐊 Makarasana



Targets: Chest, back, hips flexure

Level: Beginner

Crocodile Pose ([Makarasana](#)) is a beginner yoga pose that relaxes the whole body and helps relieve pain related to other yoga poses or other activities. By lying on your stomach with your chest and shoulders rest, you let go of tension in the lower back and open up your chest and shoulders. This pose is a great way to relieve stress.

This yoga pose can be performed as a concluding pose to end your session or sequence.

How To Do Crocodile Pose

- Start from Vajrasana.
- Lower your body to the ground. First, lower your legs to the ground so the tops of your feet are on the ground.
- Then, lower your hips, stomach, chest, and shoulders to the mat. You should be facing down resting your forehead on the back of your both the palms also facing down with your elbows pointing out of the body.

Benefits

- Since we rely on our lower back for many daily activities, even sitting upright in a desk, it can feel relaxing to target this part of the body.
- People with back pain, especially lower back pain, may experience some relief.

- This pose does wonder for people with health issues related to the spine. Since many people hunch over due to poor posture or spinal issues, Crocodile Pose challenges the body by relaxing the spine and reducing tension accumulated in that area.
- Keeping your back straight aligns the upper body with your hips. This can open up the hips and may help alleviate pain or discomfort in the hips.
- Since your chest is lifted slightly off the ground, Makarasana also opens the chest and shoulders. You may also feel the stretch in your arms and neck. This pose can be especially beneficial for people who don't use or stretch their upper body a lot.

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