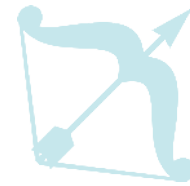


# Bow pose



## Dhanurasana

5.



The simplest version is to lay on the yoga mat while doing this position, hold your ankles with the hands or use a belt or a scarf. When you can, move your feet away from your hips, keeping hips on the floor.

Now  
I will tell you  
about the bow pose.

Lie down on your stomach, bend your knees and grab the ankles by your hands and remain in this position for some time. Wait until the energy of this pose will wake up.

Then, oh dear student, start unbending the knees and bend your back. You will take a pose of the bow. Remain in this pose as long, as your body lets you. This is an insuperable pose of burning the umbilical fire. Weak life fire can be cured by this pose. Shoulders and arm joints are cured by this pose. A lot of negative karma is burnt by it, as in the furnace.