

Cow face pose



Gomukhasana

9.



If it is difficult to interlock fingers use a scarf or belt. You can take any comfortable sitting position for this pose.

Sit on the ground on your bended knees. Bring one leg across the opposite leg and straighten your back. Raise one hand, bended in elbow behind your back. And bring the other hand, also bended in elbow, behind your back. Then let your hands to interlock behind your back. Repeat to the other side. This pose switches channels from lunar to solar and from solar to lunar. It is used for practicing mudras and bandhas.