

Camel pose



Ustrasana

14.



In the beginning do this pose gradually. Support on one hand, turn the body and lift another hand up. Place your head as comfortable. When you start supporting on both hands, use heels for support – the highest point above the ground.

Stand on your knees, bend your back backward and touch your heels with your hands. This position enables control over the upper respiratory organs and helps to develop endurance.