

Peacock pose



Mayurasana

21.



Try to bring elbows closer together and fix them on the level of belly button and lean forward. First stretch one leg behind and then another one. Get used to the pose. Try to put the forehead on the floor and lift legs up. Later put your body straight and support only on bent arms. This pose takes time.

Standing on your knees, bend forward. Put the hands on the ground, with palms facing in direction to the legs. Put both elbows together and press them against the belly-button. Your forehead must be resting on the floor. Straighten your legs; raise your head from the ground, so that you are resting only on the palms and the toes. Wait for the energy to start flowing. Then move forward and raise your body from the ground, so that the head, body and legs are parallel to the ground and the whole body is held by the palms. This pose is called peacock pose – Mayurasana. Those who practice this asana have a strong digestion, which kills all toxins. This pose will cure all stomach illnesses.