

Upward plank pose



Purvottanasana

29.



This pose is opposite to Plank pose. In the beginning support yourself on heels, later on a full sole. Be gentle to the neck.

Sit down on the ground with straight legs. Support yourself on palms behind your back. Bend the body upward in a way that you rest on palms and feet. Keep your knees straight. Stay like this for a long time.