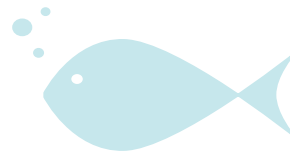


Fish pose



Matsyasana

41.



When you feel confident in Padmasana try to lean backwards supporting yourself on hands. Gradually lower down on elbows and rolled blanket until you can lie down completely.

Sit in a lotus pose on the ground. Then lie down on your back, place both hands under your head – this is fish pose – Matsyasana. Those who mastered this pose feel like fish in water and can remain in this pose for a long time.