

# Cobra pose



## Bhujhangasana

2.



In the beginning try to place your palms further away from yourself (e.g. at the edge of a yoga mat). Gently push up from the floor without help of hands, later support yourself on palms. If the lower back is not strong enough, be especially gentle.

*Oh, dear student!*

*Place your body on the floor on your stomach. Place the palms under the shoulders, look up, then slowly raise your head, bend your neck, then your back and help yourself with your hands to bend more. So, remain in this pose, being reflected by the energy. Then do everything in reverse to get out of the pose. This asana brings clear rage to the mind, like a cobra ready to strike. This exercise heals eyes, the upper spine, gives clarity to mind. By doing this asana, you will wake up the forces dozing in the sacrum.*