

Plank pose



Phalakasana

18.



You may do this pose by supporting yourself on knees and slightly bending the body. Later you can support only on one knee and then straighten your body like a plank from a head to toes.

Place you straight body on a beautiful mat on the stomach. Place your palms on the floor under the shoulders. Raise your straight body on straight arms as if your body is a plank. By doing this position you mobilize your consciousness. If you feel you could hardly control yourself, by doing this pose you will not let anger to come out. This pose gives clearness to mind and cures all illnesses of the arms.