

# The Celibate's pose

## Brahmacharia asana

36.



You can support yourself on fists or blocks. Choose your point of support close to the body foundation or slightly forward. Bring your body up with the movement in the shoulders rather than the movement of the waist line.

*Sit down on the ground with straight legs, keeping your torso, neck and head on one straight line. Support yourself on your hands on the ground and raise your body, holding only on palms and heels. Those who practice this pose get a lot of benefits in other poses. Practice it with diligence.*