

Bhujangasana I (Serpent Pose I)



1-Lie face-down with your legs extended and arms by your sides, palms facing upwards. Keep your feet together, knees tight, and toes pointing backwards.

2-Place your palms by your ribs. Inhale, press down firmly on your palms and lift your trunk. Take two breaths.

3-Inhale and lift your trunk until your pubis is in contact with the floor. Hold with your weight on your legs and palms, contracting your buttocks and tights, for 20 seconds, breathing evenly. Exhale and rest on the floor. Repeat 2-3 times, then relax.

Source: Yoga Wisdom and Practice
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