**Bhujangasana (Cobra Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid If:**

* You are pregnant.
* You have fractured ribs or wrists, or have recently undergone abdominal surgeries.
* You are experiencing an asthmatic attack.
* You have spinal issues.

**Instructions:**

1. Starting Position:

* Lie down on your stomach with your toes flat on the floor, soles facing upwards, and rest your forehead on the mat.

1. Leg Position:

* Keep your legs close together, with your feet and heels lightly touching each other.

1. Hand Placement:

* Place both hands under your shoulders, with your palms touching the mat. Your elbows should be close to your torso and pointing upwards.

1. Inhale and Lift:

* Taking a deep breath in, slowly lift your head, chest, and upper abdomen off the floor. Keep your navel on the ground.

1. Support Your Lift:

* Use the strength of your hands to pull your torso back and off the floor. Ensure that you are applying equal pressure on both palms.

1. Curve Your Spine:

* As you lift, continue to breathe and gently curve your spine. Tilt your head back and look upwards, opening your chest.

1. Maintain the Pose:

* Hold the pose while breathing evenly for 4-5 breaths.

1. Return to Starting Position:

* Exhale gently and bring your abdomen, chest, and head back to the floor. Relax in the starting position.