Matsyasana

Matsya means fish. In the final position of the posture body looks like a fish. Those who master this posture can float for a long time in water like a fish.

Benefits:

Being complementary to Sarvangasana it enhances all the benefits of it. Refreshes after a heavy deskwork.

Therapeutical(???): Very good for diabetes(???), asthma and people threatened with other lung diseases(???).

Spiritual: Body and mind become very light, agile(???), fresh and relaxed.

Caution: Patients of hypertension(???) and cervical spondylitis(???) should avoid.

Subtle Points:

*Mode of bending:*

Take the weight of the body on the elbows and not on the neck/back.

*Mode of breathing:*

Breathe out whenever you bend downwards and inhale while coming up. Normal breathing in the final position.