

## Practical Notes

### 5. YOGASANAS : Sitting postures

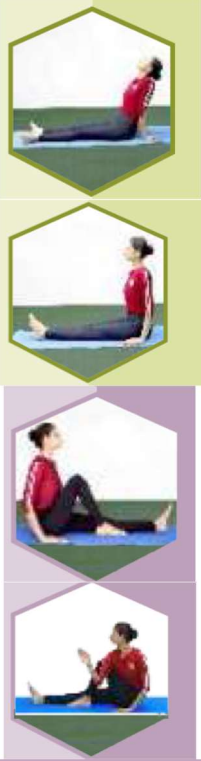
#### Vakrasana, Gomukhasana

##### 5.5.1 VAKRĀSANA (The Spinal Twist Posture)

*Vakra* means twisted. In this *āsana*, the spine is twisted which has a rejuvenating effect on its functioning.

**Benefits** : Helps to increase flexibility of the spine, Stimulates pancreas functions and helps in the management of diabetes.

**Caution** : Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.

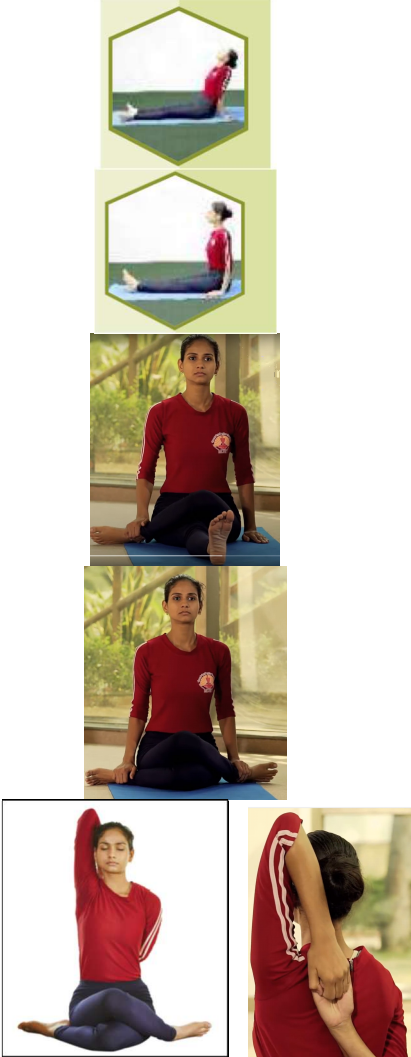
 	<h4>Vakrasana (The spinal Twist posture)</h4> <p><i>Sthiti: Daṇḍāsana.</i></p> <ul style="list-style-type: none"><li>• Sit with extended legs together, hands by side of the body, palm resting on the ground, fingers pointing forward.</li><li>• Bend right leg and place right foot beside left knee.</li><li>• Bring left arm around right knee and clasp right big toe</li><li>• Or place the palm beside right foot.</li><li>• If you can not do it, then just hug knee with elbow around it.</li><li>• Take right arm back and keep palm on ground. Back straight.</li><li>• Exhale, twist your body to the right.</li><li>• Remain in posture for sometime. Normal breathing and relax.</li><li>• Inhale take out your hands and exhale to relax.</li></ul> <p><b>Repeat it on the other side.</b></p> <ul style="list-style-type: none"><li>• Bend left leg and place left foot beside right knee.</li><li>• Bring right arm around left knee and clasp left big toe</li><li>• Or place the palm beside left foot.</li><li>• Take left arm back and keep palm on ground. Back straight.</li><li>• Remain in posture for sometime. Normal breathing and relax.</li><li>• Inhale take out your hands and exhale to relax.</li></ul> <p>Relax in <i>Viśhrāmāsana</i></p>
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## 5.5.2 GOMUKHĀSANA (The Cow Face Posture)

*Go* means Cow and *Mukha* means face, hence the name *Gomukhasana*.

**Benefits :** *Gomukhasana* is a perfect position for people who spend most of their workweek sitting down. Cow face pose helps in expanding your hips and chest and overcoming the slouch many people acquire while they are sitting. It is a stabilizing and relaxing posture.

**Caution :** Avoid this practice in case of Severe pain in hands in feet, Spine Injury, severe arthritis and sciatica.

	<h3>Gomukhasan (The Cow face posture)</h3> <p><i>Sthiti:</i> Long sitting posture ( <i>Viśhrāmāsana</i> )</p> <p><i>Viśhrāmāsana</i></p> <ul style="list-style-type: none"><li>• Sit erect with both the legs stretched forward.</li><li>• Toes apart and pointing sideways.</li><li>• Palms on ground behind hips . Body relaxed totally.</li><li>• Neck tilted backwards. This is <i>Viśhrāmāsana</i>.</li></ul> <p><i>Daṇḍāsana.</i></p> <ul style="list-style-type: none"><li>• Sit straight with legs stretched out in front .</li></ul> <p><i>Gomukhasan.</i></p> <ul style="list-style-type: none"><li>• Fold left leg in knee and place it near right thigh.</li><li>• Fold right leg in knee and place it near left thigh.</li><li>• Toes pointing outwards.</li><li>• Raise left hand above the head and bend back in elbow.</li><li>• Take right hand on back and clasp left hand.</li><li>• Final position left elbow pointing upwards to sky.</li><li>• Right elbow pointing downwards towards ground.</li><li>• Stay in this position for sometime with normal breathing.</li><li>• Repeat the same with change of legs and hands.</li></ul> <p><b>Note :</b> whichever leg is up that that hand will go up.</p> <p><b>Release the Assan and relax in <i>Viśhrāmāsana</i>..</b></p>
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