

Gomukhasana

means ‘cow’ and mukha means ‘mouth’ or ‘face’. In this asana, the position of legs look like the face of cow, hence, it is called Gomukhasana.

Method:

Sit in long sitting posture.

- * Bend the right leg at the knee, bring the right foot to the left side and place it close to the left buttock.
- * Fold the left leg in the knee. Bring the left foot to the right side and place it close to the right buttock.
- * Take the left arm over the left shoulder and right arm behind the back. Clasp the fingers of both hands at the back.
- * Sit in this position for 20-25 seconds. Release the fingers. Bring the arms on the side of the body.
- * Release the left leg and extend it.
- * Release the right leg, extend it and come to the starting position. Repeat it by changing the position of arms and legs.



Benefits

- * It increases concentration and induces inner peace.
- * It is helpful in correcting postural deformities like drooping shoulders. It is beneficial for improving lung capacities.
- * It is useful in arthritis.
- * It relieves backache, sciatica and general stiffness in shoulders and neck.

Limitation

- * Those who are suffering from bleeding piles should not practise this asana.

Ardhamatsyendrasana

This asana takes its name from the Yogi Matsyendranath, who sits in this asana, first taught this asana to his students.

Method:

Sit on the floor with legs extended in front.

- * Bend the right leg and place right foot near the buttock. The outer edge of the foot should touch the ground.

- * Bend the left leg at the knee and place left foot flat on the floor near outside of the right knee.
- * Bring the right arm over the left knee and hold the left foot with right hand. Slowly twist the trunk to the left side and take the left arm behind the back and wrap it around the waist.
- * Turn the head towards left and look back. Maintain the position for 20-25 seconds. Releasing position.
- * Turn the neck and bring the head to the centre.
- * Place the arms by the sides of the body.
- * Straighten the leg and extend them in front and relax. Repeat the same procedure with other side.

Benefits:

- This is beneficial for improving concentration.
- This posture gives the right and left twists to the spinal column.
- Every vertebra of the spine gets fully stretched.
- It helps to bring the trunk muscles in proper tone
- It reduces digestive problems.



Limitation

- Person suffering from peptic ulcer, hernia, enlarged liver or having any surgery in abdominal region should not practise this asana.