

Gomukhasana

Go 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 20-30 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*.

Halasana:

'Ardha' means half and 'Hala' means plough. This posture is known as Ardha Halasana because in its final position, the body resembles half the shape of an Indian plough.

Method:

- * Take supine position, keep hands besides the body and palms resting on the ground.
- * Inhale, slowly raise your legs together without bending knees and bring them upto at 90° angle with the ground.
- * The body from hips to shoulder should be kept straight.
- * Maintain this position comfortably for 10-30 seconds with normal breathing.
- * Exhale; slowly bring the legs down to the ground without lifting the head.
- * Relax in *av sana*.



Benefits

- * This sana is beneficial for dyspepsia and constipation.
- * The practice of this sana is useful in cases of diabetes and piles.
- * This is very beneficial for Hypertensive patients but needs to be practiced under supervision.