



Fish Pose

Fish Pose, also known as Matsyasana in Sanskrit, is a yoga posture that opens the chest, stretches the front of the body, and stimulates the throat and heart chakras. Here's how to perform Fish Pose:

1. Begin by lying flat on your back on a yoga mat, with your legs extended and your arms resting alongside your body.
2. Press your palms firmly into the mat, with your hands positioned underneath your buttocks and thighs.
3. Engage your core muscles by drawing your navel towards your spine and press your elbows and forearms into the mat to lift your chest.
4. Inhale deeply as you lift your chest and tilt your head back, allowing the crown of your head to rest lightly on the mat.
5. Arch your upper back and lift your heart towards the sky, opening the front of your body.
6. Press firmly into your elbows and forearms to lift your chest even higher, creating a gentle curve in your spine.
7. Keep your legs engaged and active, pressing through your heels to lengthen them towards the end of your mat.
8. Hold the pose for 15-30 seconds, breathing deeply and evenly.
9. To release, exhale as you gently lower your chest and head back down to the mat, returning to the starting position.
10. You can either extend your legs fully or bend your knees and bring the soles of your feet together in a reclined bound angle pose (Supta Baddha Konasana) to counterpose the backbend.

Avoid Fish Pose if you have any neck injuries or discomfort and be mindful of the stretch in your throat and chest. You can modify the pose by placing a folded blanket or yoga block under your upper back for additional support if needed. As always, listen to your body and practice with awareness.