



Plank Pose

Plank Pose, also known as Phalakasana in Sanskrit, is a fundamental yoga posture that strengthens the core muscles and promotes stability throughout the body. Here's how to perform Plank Pose:

1. Start by coming onto your hands and knees on a yoga mat, with your wrists directly under your shoulders and your knees directly under your hips.
2. Spread your fingers wide and press firmly into the palms of your hands, distributing your weight evenly.
3. Step your feet back one at a time, straightening your legs and extending your heels back so that your body forms a straight line from your head to your heels.
4. Engage your core muscles by drawing your navel in towards your spine and keep your spine long and neutral.
5. Press firmly into your hands and the balls of your feet, lifting your hips slightly and preventing them from sagging towards the floor.
6. Keep your gaze slightly forward, being careful not to strain your neck by looking too far up or down.
7. Hold the pose for 20-60 seconds, breathing deeply and evenly.
8. To release, gently lower your knees to the mat, coming back into a tabletop position.

Plank Pose can be modified by dropping the knees to the mat for extra support, or by performing the pose against a wall for added stability. As you build strength, you can gradually increase the duration of the hold. Avoid holding the pose if you experience any pain or discomfort, and always listen to your body's limits.