



Cobra Pose

Cobra Pose, also known as Bhujangasana in Sanskrit, is a yoga posture that is commonly practiced for its benefits in strengthening the spine, opening the chest, and stretching the shoulders, abdomen, and lungs. Here's how to perform Cobra Pose:

1. Start by lying flat on your stomach, with your legs extended and the tops of your feet resting on the floor.
2. Place your palms flat on the ground under your shoulders, with your fingers spread wide and pointing forward.
3. Engage your leg muscles and press the tops of your feet and thighs firmly into the floor.
4. Inhale deeply as you gently lift your chest off the floor, keeping your elbows close to your body and your shoulders relaxed.
5. Use the strength of your back muscles to lift your upper body, focusing on lengthening the spine rather than pushing yourself up too high.
6. Keep your gaze forward or slightly upward, avoiding any strain on your neck.
7. Hold the pose for 15-30 seconds, breathing deeply and evenly.
8. To release, exhale as you slowly lower your chest back down to the floor, allowing your forehead to rest on the mat.
9. Repeat the pose as desired, gradually increasing the duration of the hold as your flexibility improves.

Remember to listen to your body and only go as far into the pose as feels comfortable. If you experience any discomfort or pain, gently release the pose and consult with a qualified yoga instructor for guidance.