



What Is Camel Pose?

Camel Pose, or *Ustrasana*, is a kneeling backbend in yoga. It stretches the front body, opens the chest, and strengthens the spine. The name comes from Sanskrit—*ustra* means camel and *asana* means pose.

Benefits

- Improves posture by countering slouching
- Stretches shoulders, chest, and hip flexors
 - Boosts energy and mood
 - Builds spinal flexibility

Precautions

Avoid if you have:

- Severe back or neck issues
- High blood pressure or migraines
- Knee injuries (unless well supported with padding)

Warm-Up

Before trying Camel Pose, loosen the spine and shoulders with Cat–Cow, low lunges, and gentle chest openers.

How To Do Camel Pose (Step-by-Step)

1. Kneel with knees hip-width apart.
2. Place hands on your lower back, fingers pointing down.
3. Inhale, lift your chest, and lengthen your spine.
4. Begin to lean back, keeping thighs vertical.
5. Option A: Keep hands on your back.
6. Option B: Place hands on blocks beside ankles.
7. Option C: Place hands on heels (toes tucked makes this easier).
8. Keep chest lifted, core engaged and avoid collapsing the lower back.
9. Choose head position—neutral if sensitive or drop back gently.
10. To exit, bring hands to hips, lead with chest, and rise slowly.

Counterposes

After Camel Pose, balance your spine with Child’s Pose, a gentle twist, or a seated forward fold.

Camel Pose is a powerful heart-opener and energizing yoga posture. With proper warm-up, mindful alignment, and safe

variations, you can enjoy its physical and emotional benefits without strain.