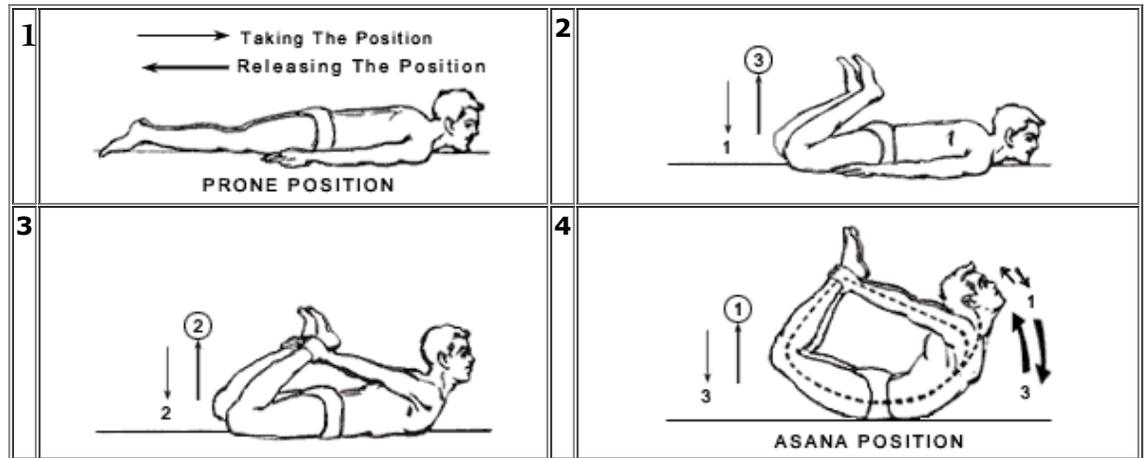




Dhanurasan



Posture	The body takes the shape of Bow and therefore it is called Dhanu (Bow in Sanskrit) asana. As the bow is strained during the archery, the whole body is stretched during this asana posture.
Pre position	Prone Position.
Procedure	<ol style="list-style-type: none"> 1. Bend both the legs in knees and keep them 6 to 8 inches apart from each other. 2. Catch both the legs firmly near the ankles. 3. Exhale & inhaling pull the legs upward with the hands, allow the body to be stretched in a curve, push the neck backwards.
Position	After taking the final position, try to raise the thighs up from ground along with shoulders and chest. Push the neck backwards as much as possible.
Releasing	<ol style="list-style-type: none"> 1. Inhale and exhaling bring both the knees, chin and shoulders slowly on the ground. 2. Leave the ankles and bring the hands beside the body. 3. Straighten the bent legs and bring them as in the prone position.
Duration	Initially practice it for 5 to 10 second. After practicing it for few days you can increase the repetitions, once you are able to do 5 repetitions easily then reduce repetitions and increase the time up to 1 min.
Internal Effects	This asana is a combination of both Bhujangasana and Shalabhasana and can deliver benefits of both the asanas. Mainly the weight is taken by the abdomen. This has favorable effect on enzyme producing organs, liver, pancreas, small intestine and big intestine. As a result of this the concerned organs become more active and efficient. Also the blood circulation in arms and legs is improved.
Precaution	People suffering from Back problems, TB in intestine, ulcer in stomach, hernia should consult Yoga expert before practicing this asana. Jerks and unbearable strains should be avoided. People suffering from Abdomen problems should not do this asana without consulting Yoga expert.