



Camel pose *Ustrasana*

Type of pose – backbend

In Ustrasana make sure that you keep in mind the following.

1. Your shins and the fronts of your ankles are pressed well down.
2. Your shins and feet are stretching straight back.
3. You pull up your thigh muscles.
4. You lift your trunk up and back, out of your pelvis.
5. Your chest is fully expanded.
6. Your shoulder blades are in, flat against the spine.
7. Your neck is extended.

This pose is contraindicated for: severe constipation, diarrhoea, headaches, migraine and hypertension. If you have a minor back problem, or are recovering from a heart attack, do this pose over a bolster placed on a stable chair placed against a wall.